

Mountaineer

Vol. 59, No. 7

Published in the interest of the 7th Infantry Division and the Fort Carson, Colo., community

February 15, 2001



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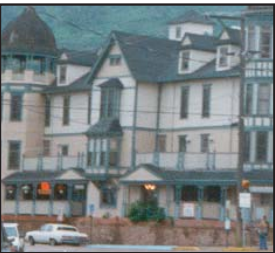
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Post Weather hotline:
526-0096

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Photo by Richard Bridges

MP firepower ...

Sergeant Jack Caple, in the prone position, and Spc. Guillermo Gonzalez, coach, practice firing the 9-mm pistol last week as the 59th Military Police Battalion conducted marksmanship training on a variety of weapons.

Soldier sentenced in McDonald's robbery

by Sgt. 1st Class James Yocum
NCOIC, Fort Carson Public Affairs

One of seven soldiers charged in the Dec. 14 robbery of a McDonald's restaurant in Fountain pleaded guilty to three charges and was sentenced to 13 years confinement, reduction in rank to private, forfeiture of all pay and allowances and a dishonorable discharge.

Private first class Nikia Shanks, Company A, 4th Engineer Battalion, 3rd Brigade Combat Team, 4th Infantry Division, pleaded guilty to conspiracy, larceny and robbery, and was found not guilty of communicating a threat to his first sergeant. A charge of violating a regulation

was dropped.

Under the terms of a pre-trial agreement between Shanks and the court-martial convening authority, any sentence in excess of 10 years will be suspended for two years. If for the next two years, Shanks does not commit any criminal misconduct, the additional three years will not be served. Shanks was also given credit for the 61 days he spent in pre-trial confinement.

In addition, Military Judge Col. Gary V. Casida sent a recommendation to the convening authority to consider waiving part of the forfeiture of pay and assisting Shanks' wife, Denise Shanks, in her move from the Fort Carson area.

The charges for robbery and conspiracy came from the robbery of the McDonald's.

Shanks told the court he and the other soldiers began planning the robbery around Dec. 7 in the barracks room of Pfc. Kevin Jones, another soldier who has been charged in the case.

Shanks told the court that the first mention of a robbery was during a company formation, when Jones said he needed money for Christmas.

"We were at a recall formation and a soldier approached me with the idea. He needed money," Shanks said. "He said he needed

See Robbery, Page 3

First Guard patrols keeping peace in Bosnia

by Master Sgt. Bob Haskell
Army News Service

CAMP DOBOL, Bosnia-Herzegovina — The current six-month rotation of U.S. soldiers in Bosnia is the first time that National Guard troops have patrolled the countryside in vehicles armed with automatic weapons to ensure that the 1995 Dayton Peace Accords are not violated.

Although National Guard soldiers have been part of the NATO peacekeeping force from the start, presence patrols in the American sector were conducted

by active Army troops until last fall. Even when the Texas Army Guard's 49th Armored Division ran the operation last spring and summer, the line units were active Army.

One hundred seventy-six infantry and armor Guard soldiers from North Carolina's enhanced 30th Infantry Brigade and 170 infantry soldiers from Oklahoma's 45th Infantry Brigade, part of the 7th Infantry Division, are the first to pull patrol duty with active Army soldiers. After weeks of intense training back home they joined

the rotation commanded by the 3rd Infantry Division out of Fort Stewart, Ga.

The Guard troops are based at two northern camps, Dobol and McGovern, where tanks and infantry fighting vehicles are covered by canvas and ready to roar into action should they be needed.

For the most part it has been an uneventful as well as an unusually mild, snow-less winter in the Balkans. At Camp Dobol, for example, the citizen-soldiers have taken turns pulling guard duty, driving visitors to the U.S.

sector's headquarters in nearby Tuzla and back, and conducting the presence patrols.

They have earned their spurs among the 3,900 American troops, according to Texas Army Guard 1st Sgt. John Hayes.

"It took the active duty folks time to learn that we know our jobs and that we can do this," said Hayes who is serving as the liaison officer in Bosnia for the Germany-based U.S. Army Europe during this rotation. He was in Bosnia the previous

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Commander's Corner

Consumer protection is your responsibility



Soriano

“The Mountain Post has many services that can help the soldier in credit trouble. Your first stop should be your unit FNCO.”

February is National Consumer Protection Month.

The theme this year is “Seeing red? High-cost loans are danger zones.” The Bureau of Consumer Protection of the Federal Trade Commission, which acts as a citizen’s advocate on consumer protection, is alerting citizens to costs of high-cost loans. Unfortunately, the targets of these loans are often those who can least afford high finance charges or risk losing what property they have acquired. People

at risk include those with limited or bad credit histories and lower incomes.

Before you get a loan from a pawn shop, check-cashing outlet, payday loan company, rent-to-own store or sub-prime auto lender, look closely at the contract — your unit financial noncommissioned officer can help — and make sure you understand how much a loan from one of these businesses will really cost you.

Another way to avoid abusive lending practices is to develop a good personal credit history. This means paying your bills on time, making sure that you don’t overextend yourself with loan or credit card debt. Start a regular savings/investment program. Once you have a good credit history, it is easier to get a loan from a conventional lender.

You can also protect your credit rating by using your government credit card wisely. Use it only for official travel and pay the balance promptly. Complete your TDY voucher as soon as you get back from your trip. Doing so helps to ensure that you are reimbursed for your expenses in a timely manner. However, if the VISA bill is due before you get your payment, you are still responsible for paying the bill.

Failure to pay the bill could impact your personal credit history and result in other disciplinary actions.

The Mountain Post has many services that can help the soldier in credit trouble. Your first stop should be your unit FNCO. Use that resource and talk to this NCO before you find yourself in financial trouble. The FNCO can help you work out a plan so you can buy that car, house or other major purchase you have been considering. Army Community Service also provides classes on financial readiness on topics from budgeting to checkbook maintenance. If you have legal questions about a finance contract, seek advice from the Legal Assistance Office of the Staff Judge Advocate. The Bureau of Consumer Protection also maintains a Web site with all sorts of consumer tips at <http://www.consumer.org>.

With all these resources available at no charge, I would hope that our Mountain Post soldiers take advantage of them to keep out of the red.

Mission First ... People Always ... One Team.
Bayonet!

Major Gen. Edward Soriano
Commanding General
7th Infantry Division and Fort Carson

Word of the month for February is ‘extremism’

Commentary by
Sgt. 1st Class Debra Kessler
Division Equal Opportunity Advisor

The Consideration of Others word of the month for February is “Extremism.” We have selected this word to increase awareness of what extremism is about, and the possible effects on Fort Carson. With this, we hope to create a proactive attitude in addressing any extremist issues that may arise.

An extremist is a person who advocates racial, gender or ethnic hatred or intolerance; advocates, creates or engages in illegal discrimination based on race, color, religion, gender or national origin, or advocates the use of or uses force or violence or unlawful means to deprive individuals of their civil rights. Many extremists hide behind the claim of religious beliefs and some extremist groups actually claim to be churches. Some examples are the Church of the Creator and the Black Hebrew Israelites. It is not only extreme beliefs, but also extreme actions that characterize extremist groups.

Extremists are not always in large groups, and they may not be obvious to the uninformed person. It should be emphasized, again, that a distinguishing characteristic is that their beliefs and actions clearly indicate hatred and intolerance. If they have a perception of being victimized by the groups they hate, this can reinforce their beliefs and increase their level of hatred and intolerance.

Many people think first of white supremacist groups such as the Ku Klux Klan, skinheads, or Aryan nation when they think of extremism. We know these groups to have hatred and intolerance of other races. These hate groups are well documented and their activities are generally high visibility. However, there are many more individuals and groups that meet the definition of extremists.

There is an extremist group known as straight-edgers. Their beliefs, at first glance, appear to be honorable. They advocate, among other things, a healthy lifestyle and are against smoking, alcohol and drugs. These are great ideals;

however they enforce their ideals with violence. One straight-edger bombed a McDonald’s restaurant in Salt Lake City. He justified his actions by comparing slavery to helpless animals. He believes that the animals can’t protect themselves from “murder,” just like the slaves were frightened to help themselves. Extremists not only have extreme beliefs, but their actions are extreme as well.

Gangs are another example of a group that may fall under the definition of extremists. Colorado Springs alone has several thousand known gang members. Local news programs often show coverage of crimes of violence that are suspected to be gang related.

We have many young soldiers who can be either negatively influenced by extremist groups that embrace them, or positively influenced by good, caring leadership. Last month’s word, “Cohesion,” addressed the bond we need in order to have successful units. All humans need a sense of belonging to some degree. If our soldiers or our children don’t get it (belonging) with

family or peers, they will find it somewhere else.

Extremist groups and gangs recruit those people who are searching to “belong.” Those who are vulnerable may not clearly see or recognize the violent aspect of gangs. They may feel a sense of belonging that they don’t get with their own family or military unit. The realities of gang activities such as weapons, fights and drugs do not always show themselves early on, and are not always a deterrent. If people have a need to belong, the consequences may be irrelevant.

Anyone here at Fort Carson may be vulnerable to these activities. We must increase our awareness and take conscious steps to prevent extremism from occurring or progressing through the Mountain Post and our lives. Leaders must know what is happening in our subordinates’ lives. Open communication creates an environment of trust that makes it possible to influence their lives and help prevent poor choices. We must know our soldiers well enough to

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LETTERS TO THE EDITOR

The Mountaineer invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-81, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

MOUNTAINEER

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This newspaper is an authorized photo offset publication produced weekly in 15,000 copies for members of the Army. Contents are not necessarily the view of the Army or Fort Carson.

The *Mountaineer* is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited, and provided by the Public Affairs Office of Fort Carson. The *Mountaineer* is printed by Gowdy Printcraft Press, Inc., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson.

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(719) 526-4144.

Releases from outside sources are so indicated. Army News Service (ARNEWS) releases are received from Headquarters, Department of the Army. The deadline for submissions to the *Mountaineer* is close of business the Friday before the issue the submission will appear in. The *Mountaineer* staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors.

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News

Robbery

From Page 1

money and he didn't care if we robbed McDonald's."

Shanks said he and Jones talked to five other soldiers from their unit, Pvt. Rodrick Meadows, Pvt. Thomas Lawhorne, Pvt. Michael Toma, Pvt. Terrance Johnson and Pvt. Richard Guilez, about the idea, and they began to make plans. Shanks admitted to drawing a map of the outside of the McDonald's building and using it to decide where the others needed to be to serve as lookouts.

Shanks said that since he had worked at the McDonald's before, and since he owned a 9-mm Ruger P-85 pistol, he was one of the two soldiers detailed to enter the restaurant. With him went Lawhorne, carry-

ing a 9-mm Ruger P-89 pistol that belonged to Guilez, also being charged in the robbery.

Outside the store, Shanks said, Toma and Jones were to dress in McDonald's uniforms and stop cars from entering the drive-through. Across the street at Wal-Mart was to be Guilez, and Johnson was to be parked next door at an auto parts store.

Shanks said the plan didn't work. Toma and Jones didn't block the drive-through lane, and a customer pulled in while Shanks and Lawhorne were inside.

Angela M. Scott, the manager on duty at the time, said she was emptying the cash register while Shanks held the gun when she heard a tap on the window, looked up and saw the customer. She said he appeared to be very angry that nobody was working at the window.

"I just looked at him, then looked back over at

Shanks, then I went back to filling the bag," she said.

Scott, who said she quit her job due to the stress of the incident, told the court that all she wanted was for the robbery to end peacefully.

"I was praying to God that nobody would get hurt," she said.

Shanks said the group split up after leaving the McDonald's, with himself, Meadows, and Lawhorne going to the barracks and the rest going to Guilez' house. The customer at the drive-through back at McDonald's had seen that something was wrong and had written down the license plate as Shanks drove away. Fountain Police arrested the group Dec. 15.

In addition to the McDonald's robbery, Shanks pleaded guilty to the larceny charge, which came from a shoplifting incident that happened at the post exchange in September.

Soldier receives bad conduct discharge

by Spc. Stacy Harris
Mountaineer staff

A soldier from B Company, 1st Battalion, 8th Infantry was sentenced Feb. 9 to a Bad Conduct Discharge.

Pvt. Paul E. Brasier was charged for leaving Fort Carson under a direct order, for use of marijuana and MDMA (methylenedioxymetham-

phetamine), and for two absences without leave.

The case was referred to a Special Court Martial empowered to adjudge a bad-conduct discharge, where his maximum punishment could be a reduction to E-1, forfeiture of two-thirds of his pay each month for six months, confinement for six months,

and a bad-conduct discharge.

Brasier entered into a pretrial agreement limiting confinement to three months, but the other portions of the sentence could still be approved. The military judge sentenced Brasier to a reduction of E-1 and forfeiture of \$695 per month for five months, confinement for five months and a bad-

conduct discharge.

Prior to the trial, he spent 68 days in the El Paso County Criminal Justice Center, which will be credited to his 90-day confinement. Brasier is expected to spend the rest of his confinement in the Criminal Justice Center.

Guard

From Page 1

rotation with his 49th Division comrades.

“There were some concerns early on whether active or reserve component troops were going to be assigned to the tough, contentious areas such as Brcko and Srebrenica,” Hayes added. “I don’t hear that anymore. The 3rd Infantry Division leaders have accepted the idea that National Guard troops can handle themselves as well as the active forces.”

The jobs that Guard troops are doing and places they are seeing are the sources of the stories that 1st Lt. Matt Stapleton said he will take back to his history students. He teaches at New Hanover High School in Wilmington, N.C., as well as part-time at the University of North Carolina’s School of Education. Many of the Tar Heel State’s “Wolverines” helped guard a mass grave outside Bratunac day and night during their first couple of months in the country. United Nations workers exhumed the remains of about 200

Muslims reportedly killed by Serbs at a warehouse during the summer of 1995, explained local interpreter Eldar Hadziefexidic, a young Muslim man.

The grave, a couple of acres of mud surrounded by leafless plum trees and the rubble of blown-up houses, was sealed for the winter.

“There were piles of bones and skulls. The place stank. Even your clothes stank. It sure wasn’t like home,” said Spec. Kevin Bryan, 47, who spent two years of Army time in Thailand during the Vietnam War and who remained in the Guard for an additional year to serve in Bosnia.

A soccer field surrounded by a cement-block wall, a nearby school where Serbs reportedly killed many more Muslims in Bratunac and homes still scarred with bullet holes along the river that borders Bosnia and Serbia are other grim reminders of man’s inhumanity to man.

“Ten thousand people are still missing from Srebrenica. Most of them are Muslim boys and young men. They are presumed to be dead,” said Eldar.

Yet, five years after the fighting has ended, there is hope among the horror of overgrown fields that are still heavily mined and where a girl’s foot was blown off during the winter, Stapleton said.

Corncribs are filled with golden ears and fat chickens peck and scratch beside farmhouses. People are moving in and they are tilling the land.

The Guard soldiers support that effort regardless of ethnic ties during their presence patrols.

“How is everything?” “Is anyone bothering you?” “Has anyone asked you to leave?” are routine questions that Stapleton asked Serbian refugees who have moved into houses where Muslims once lived.

“Everything is well. Yes, we are all right,” the people reply.

Small, hard-rubber balls are a hit with the children who the soldiers meet in the cities and along rural roads. “My wife sent me about a million of them,” said Stapleton. “We give them to the kids wherever we can.”

He is a good enough soldier, after four years in the Army and 10 years in

the Guard, to understand the wisdom in Theodore Roosevelt’s words about walking softly and carrying a big stick.

“This is a perfect job for infantry units that are not at war,” said Stapleton of the armed peacekeeping presence. “Nothing happens in a town that has a lot of cops. It’s easy to be friendly while appearing to be aggressive. But it’s a little harder to become aggressive if you show up and don’t look like you’re ready.”

He is also a good enough historian to appreciate his interpreter’s comment about the war in which some of Eldar’s friends died and in the shadow of which the country still lives.

“Nothing good came from the war, and nobody won,” Eldar lamented.

That may well be the most important lesson about the war in Bosnia that Stapleton said he will take back to his history students after his days as a NATO peacekeeper are done.

Editor’s note: Master Sgt. Bob Haskell is a member of the National Guard Bureau public affairs team.

Community

Poetic Cupid's arrow finds mark, wins contest

Story and photo by Staff Sgt. Gary L. Qualls Jr.
Public Affairs Office

Valentine's Day has inspired some bizarre behavior by many romantics, including hard core soldiers, through the years. Tuesday, a former first sergeant of Headquarters, Headquarters Company, 43rd Area Support Group, emerged with a romantic act so outlandish that it beat out more than 200 entrants in a Channel 11 Valentine's Day contest.

The romantic soldier is retired 1st Sgt. Eric Rodwell, who retired from Fort Carson two years ago. The object of Rodwell's wacky affection is his wife, Tina Rodwell, an administrative assistant in the Accounting Department at the Welcome Center.

The contest originated from Channel 11's morning show, "Daybreak." Contestants had to send the station e-mails or letters describing their eccentric Valentine's Day escapade. The romantic encounters were judged on how "attention grabbing" they were. At stake was a night in the Clark Gable Room of the historic Cliff House in Manitou Springs, a bottle of champagne, gourmet chocolates and breakfast for two.

Rodwell has always strived to be creative on Valentine's Day, he said, noting it is a special day to him and his wife because they were married 20 years ago near that date. The romantic deed that won the contest for Rodwell was done several years ago. He shared the following winning account.

"I come from a 21-year military background which afforded me many opportunities to travel. Frequently I was involved in missions that did not

allow me to bring my family. So, when we were together, my job was to make those moments especially memorable.

"While stationed at Schofield Barracks, Hawaii, I decided to be very creative on this Valentine's Day. I dressed up in red tights, a diaper, a red turtleneck and a smile. I was equipped with a bow and arrow, an original poem, flowers and a relentless desire to allow my wife to feel happy, surprised and loved.

"I drove to the doctor's office (military clinic) where she worked, rechecked the one safety pin which stood between my dignity and self respect, then launched out of the van. Vehicles slowed down, people pointed, soldiers shook their head in disbelief, but I remained focused. Tina's receptionist counter was the forefront of a vast waiting room. At the time of day I had chosen to unveil my true identity as Cupid, was the exact time of a great volume of curious onlookers. My major concern was that one of my soldiers would see me; yet that took a back seat to my romantic ambition.

"As I entered the office, I became the center of attention. When my wife looked up from the counter, she yelled my name which was abruptly followed by 'Oh-My-God, Get-Out-Of-Here!!' I handed her the roses and began to read this poem ...

See Cupid, Page 10



Eric Rodwell kisses his sweetheart, wife Tina, on a swing near her office at the Welcome Center.

February is National Children’s Dental Health Month

by Lt. Col. Dale L. Pavek
Fort. Carson Dental Activity Outreach Representative

The way children care for their bodies today will have an impact on their health years from now. The good news for parents is that preventive dental care has greatly improved the oral health of American children. It’s now possible for many children to reach adulthood without ever experiencing tooth decay.

February is National Children’s Dental Health Month and the American Dental Society has these tips for parents and caregivers:

- Take your child to see the dentist regularly, beginning by the child’s first birthday. Put only water in a child’s naptime or bedtime bottle to prevent baby bottle tooth decay.
- Start brushing the child’s teeth with water as soon as the first tooth appears.
- Brush your child’s teeth daily until your child can be taught to do this alone.
- Make certain your child gets the right amount of fluoride needed for decay-resistant teeth. Ask your dentist how this can be done.
- And ask your dentist about dental sealants, a thin protective barrier that shields the chewing

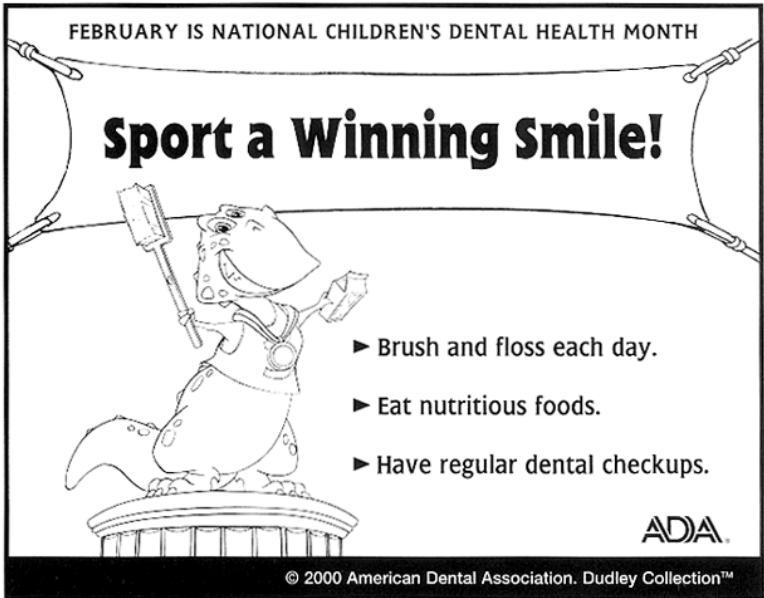
surface of back teeth against tooth decay.

Good oral health practices should begin in infancy and continue throughout adult life. In your child’s early years, you must provide this care. Later you will need to instruct, monitor and motivate your child to help maintain good oral health habits. Attitudes and habits established at an early age are critical in maintaining good oral health throughout life.

To ensure the dental health of your children, the Department of Defense has contracted with a private insurance company, United Concordia, to provide dental insurance for eligible active duty family members. The TRICARE Dental Program is the dental plan available to family members of all active duty personnel. New expanded benefits and enrollment procedures started Feb. 1. Enrollment, which is for a minimum of 12 months, can be completed by calling United Concordia at (888) 622-2256 to request an enrollment form. Forms are also available at the website, www.ucci.com, at military unit personnel offices, or at Fort Carson military dental

clinics. All new enrollees will submit a payment equal to a portion of one month’s premium with the enrollment form. All enrollees mail the enrollment form directly to United Concordia. After eligibility is confirmed, automatic payroll deductions are started.

For further information, contact Lt. Col. Dale Pavek at Dental Clinic #1 at 526-2200.



Extremism

From Page 2

recognize when they have changed or if they have indications of extremist activities. We have to care enough to increase involvement with them if we don’t know them very well. This should be done in such a way that they know we care without perceiving that we are watching them like “big brother.”

One aspect of caring is disciplining unacceptable extremist behaviors and statements. Another important aspect of caring is setting the proper example, by exhibiting the Army’s Core Values in our actions on-and off-duty. Some extremists who have been prosecuted within the Army could have possibly been influenced to a more-honorable path in life with more positive role models in their leadership. Apathy is

the enemy of us all. Leaders must gain the knowledge to recognize possible extremist behaviors and have the personal courage to swiftly address them.

Extremism is rarely noticed unless a major incident occurs that draws our attention to it. This is dangerous in several ways; not noticing indications of extremist behavior causes us to decrease alertness in watching for it, and falsely allows us to believe that it

is not present. Extremism is present in the Colorado Springs community, and we are part of that community. We must look beyond the obvious definition of extremism and realize the threats to our mission. We must be proactive; to do that, we must gain more knowledge on extremism, be consistent and diligent in our efforts to eliminate it, and we must be organized. We must be “The Army of One.”

New pharmacy data transaction service to enhance patient safety and quality of care

by Capt. Megan Scull
Medical Department Activity

The FY 2000 Defense Authorization Act directed the Office of the Secretary of Defense for Health Affairs to develop an integrated pharmacy program to enhance patient safety and improve the quality of pharmaceutical care within the Military Health System.

Development of the Pharmacy Data Transaction Service was the first phase of this program. The PDTS creates a centralized data repository with the capability to record information about prescriptions filled for the 8.3 million TRICARE beneficiaries.

Pharmaceutical utilization information will be submitted to PDTS from approximately 587 Army, Air Force and Navy medical treatment facilities worldwide, as well as from the civilian retail pharmacy networks of the TRI-CARE regional managed care support contractors (including TriWest) and the National Mail Order Pharmacy. Previously, each pharmacy option maintained separate prescription profiles that could not be integrated.

PDTS is intended to improve the quality of prescription services and enhance patient safety for TRICARE beneficiaries by enabling pharmacists to conduct online clinical drug screen-

ings. All new and refill prescription will be viewed against a patient's complete pharmaceutical history before being dispensed. The goal is to avoid potentially dangerous drug interactions, duplicate treatments and overlaps. PDTS aims to decrease the likelihood of beneficiaries experiencing harmful drug reactions and medication errors, and helps prevent the fraudulent use and stockpiling of prescription drugs.

Maintaining the privacy of beneficiaries is crucial to the success of the PDTS. To help ensure confidentiality, all transactions made (including those containing historical pharmacy records) within the PDTS system will be

encrypted and secure, meeting the privacy regulations and security guidelines of the 1996 Health Insurance Portability and Accountability Act.

TriWest Healthcare Alliance and its pharmacy benefits manager, Express Scripts, were the first managed care support contractor team to implement the PDTS, which was activated in the summer of 2000. The remaining areas to implement it should be completed in the early months of 2001.

Additional information about PDTS is on the TRICARE web site at www.tricare.osd.mil.

Gas Main Replacement

Directorate of Public Works

A new 8-inch high-pressure gas main will be tied in to the existing Fort Carson gas distribution system under a construction contract at the old Landfill 6, adjacent to the Youth Activities Center, building 5950. Work is scheduled to start tomorrow and will last almost all day.

There will be no expected outage of natural gas but a strong possibility will exist that gas odors will be noticed as the gas in the old line will be purged to the atmosphere. This is normal procedure and will be controlled by the contractor.

For more information call DPW, Base Operations, Ed Varrone at 526-6670. Suspected gas leaks should be called into the LB&B work order desk as usual at 526-5345.

Vehicle registrations

Courtesy Provost Marshal Office

The Fort Carson Provost Marshal Office, Vehicle Registration Section, will be conducting Vehicle Registrations for the Fort Carson Military Community three times per week starting Feb. 17 for a month at the Fort Carson Main Exchange and Commissary. The MPs will be set up in the lobby of the Fort Carson Post Exchange and the entrance of the commissary on the following days and times:

- Tuesdays, main PX 10 a.m. to 2 p.m.
- Thursdays, commissary 10 a.m. to 2 p.m.
- Saturdays main PX 10 a.m. to 2 p.m.

In order to register your vehicle you must show valid identification card, valid state operators permit, Colorado State Emissions Test, proof of insurance and proof of motorcycle course completion if applicable.

The main vehicle registration office located in the Welcome Center will be closed during these times in order to bring this service to the community. For further information call the Provost Marshal Operations at 526-2053.

Chapel

Catholic Community: You are invited to join the Adult Faith Formation class which meets each Sunday from 10:45 to 11:45 a.m. The facilitator is Eva Hailbronner. Child care is available for those who attend the class.

Christian Initiation of Adults — If you or someone you know is interested in the Catholic faith, inquiry sessions are held the first Tuesday of every month. Please call Karen Habitzreuther at 526-4405 or Deacon Bowles 526-0333 for more information.

Roman Catholic Initiation of Adults — Those interested in finding out more about the Catholic faith or those desiring confirmation will meet Tuesdays, at 6:30 p.m. at Soldiers’ Memorial Chapel. Child care is available.

RCIA sponsors are an essential part of incorporation into the community. One of the most effective ways to do this is to have a parish sponsor. The length of commitment and means of sponsoring varies. The qualifications of the sponsor are simple — you offer a welcoming hand to a newcomer and show them how you live out your own “belonging” to the church. If you would like to help someone in his or her introduction to the community, please call Karen Habitzreuther at 526-4405 or Father Tim Vakoc at 526-5769.

Protestant Women of the Chapel — Bible studies for you. Protestant Women of the Chapel is a ministry for Christian women. Programs are offered at Soldiers’ Memorial Chapel. Morning and evening options are available for fellowship and Bible study. Each Tuesday morning from 9 a.m. to 11:30 a.m. Studies offered are: 1 Corinthians, Train up a Mom, Loving your Husband, and Breaking Free. A Tuesday study, “The God you are looking For” meets 6:30 to 8:00 p.m. Chapel fellowship potluck is also conducted each Tuesday at 6 p.m. Child care is provided for both morning and evening studies. For information call Patti Harris at 391-2905 or Clarissa Jackson at 576-1471.

Youth of the Chapel — Activities for Protestant and Catholic middle school and high school youths take place Sundays at 1:30 p.m. at Soldiers’ Memorial Chapel. Protestant high school activities include Bible studies Sunday at 9:30 a.m. and Tuesday at 6 p.m.Catholic youth classes meet at 10:45 a.m. Sundays.

AWANA— The AWANAs meet Thursday 5:30 to 7 p.m. at Soldiers’ Memorial Chapel, for children in kindergarten through 6th grades. Contact Dennis Scheck 526-5626, Susan Webb at 538-9306 or Jennifer Wake at 540-9157.

Prussman Gospel Congregation Black History Celebration — Feb. 25, 4 p.m. at Prussman Chapel.

Chapel Schedule

ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	8:15 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Saturday	5 p.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
Sunday	8 a.m.	Mass	Veterans’	Magrath & Titus	Chap. Vakoc/526-5769
Sunday	9:30 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
Sunday	10:45 a.m.	CCD	Soldiers’	Nelson & Martinez	Ms. Feldman/526-0478
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Vakoc/526-5769
EASTERN ORTHODOX					
Sunday	8 a.m.	Divine Liturgy	Soldiers’	Nelson & Martinez	Chap. Olson/526-5772
CONTEMPORARY CHRISTIAN					
Thursday	7 p.m.	The “ROCK” Service	Spiritual Fitness Center	Barkeley & Ellis	Chap. Thornton/526-1374
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Drake/526-4206
Sunday	9:30 a.m.	Protestant	Veterans’	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers’	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers’	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PYOC	Soldiers’	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL PROTESTANT					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
2nd and 4th Tuesday	6:30 p.m.		Spiritual Fitness Center	Barkeley & Ellis	Ms. Costantino-Mead/ (303) 428-7703
For additional information, contact the Installation Chaplain’s Office, building 1550, at 526-5209. Normally, free child care is available during on-post worship services.					

Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 73 & Leviticus 4-6

Saturday — Psalms 74 & Leviticus 7-9

Sunday — Psalms 75 & Leviticus 10-12

Monday — Psalms 76 & Leviticus 13-15

Tuesday — Psalms 77 & Leviticus 16-18

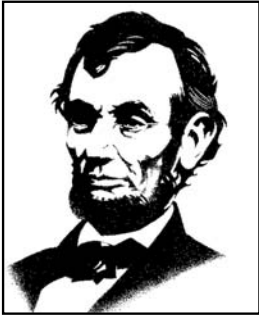
Wednesday — Psalms 78 & Leviticus 19-21

Thursday — Psalms 79 & Leviticus 22-24

Chaplain’s Corner

**Commentary by Chap. (Maj.) Benjamin Collins
3rd Brigade Chaplain**

Presidents Day is the combined observance of the birthdays of George Washington and Abraham Lincoln (Feb. 22 and 12). Their greatness is to be admired and perhaps emulated. How can a person become great like them? The answer may surprise you. The foundation of each one’s character and the common key to their great leadership was the same — humility.



After researching the dictionary, current usage and the biblical example of Christ, (Philippians 2:3-11) consider this perspective: Instead of the usual implication that humility is a low opinion of oneself, it is rather, an accurate opinion. The humble person understands what gifts, talents and capabilities she or he has, but does not conclude that she or he is therefore better than all (or most) of the people around. The humble person accepts the duties and responsibilities of his or her position and capabilities without an over-inflated vision of himself or herself.

Humility was the root of the character trait most often mentioned when talking about both these great presidents — their honesty. Since neither man considered himself above the rules, nor smarter than those around them, they told the truth and earned reputations like “Honest Abe,” and “I cannot tell a lie - Washington.”

Humility is the root of the attitude toward teamwork that both exhibited. George Washington

demonstrated it with his willingness to bring foreigners to do what he could not do — train his country’s army at Valley Forge. Lincoln appointed the person he thought best for each cabinet position, even though some were political enemies.

Humility is the foundation of each’s tolerance. Lincoln was more than ready to help heal the nation’s wounds after the terrible War Between the States before his life was cut short. Washington’s sentiments were expressed in a letter to the Jewish Congregation of Newport, R.I., in 1790: “Happily the government of the United States, which gives to bigotry — no sanction; to persecution — no assistance; requires only that they who live under its protection should demean themselves as good citizens in giving on all occasions their effectual support.”

Humility, then, is the key to greatness. It is time to put into practice the advice of Jesus, “....whoever wants to become great among you must be your servant.”

Cupid

From Page 5

‘My Want is Fulfilled in You.’

*I sit and ponder in my mind all that we’ve been
through,*

still holding fast to this strong thought,

“My Want Is Fulfilled In You”

*I’ve stated I love you many times and each time
it is more true*

*still I want you to know beyond the shadow
of a doubt,*

“My Want Is Fulfilled In You”

The way you walk, the way you talk,

I consider all the things you do

The way you laugh, the way you cry,

“My Want Is Fulfilled In You”

*When I enter into a valley and struggle
to journey through*

You encourage me along the way,

“My Want Is Fulfilled In You”.

*When making a wrong decision and logical
deductions seem to be few*

You render enlightened assistance,

“My Want Is Fulfilled In You”

If I had the chance to start again,

my life becoming anew

Your name would top my necessities list

“My Want Is Fulfilled In You”

“I pretended to shoot an arrow at her and stated, ‘This is from me to you.’ We kissed and I ran out of the office.

“My attempt to cross the street was hampered by a drooping diaper. And then it happened. The safety pin came undone. I’ll never forget that day, but then again, neither will others. The bottom line up front; My wife realized how much I loved and appreciated her. Happy Valentine’s Day Tina.”

Rodwell and wife Tina appeared on “Daybreak” Wednesday, Valentine’s Day, as the winners of the contest. Tina described her marriage to Eric as “a roller coaster ride.” She said her man “always has new ideas,” adding that their children used to discourage their father from going out on his wild and wooly adventures, but over the years they have become de-sensitized to them.

Even a burly first sergeant is no match for Cupid’s potent arrow.



Tina and Eric Rodwell



Courtesy BOSS office

Single soldiers, are you taking advantage of the multiple opportunities that abound in the beautiful state of Colorado?

Colorado has everything from hunting and fishing to challenging and exciting high adventure activities, and it’s all right outside your door.

There are several areas in Colorado for skiing, snowboarding, snowshoeing, cross country skiing, ice climbing, and ice fishing. The Fort Carson Outdoor Recreation Center and the Information Tickets and Registration office have all the information you will need for any recreational activity, and they rent recreational equipment as well. And, for the beginner, the Outdoor Recreation Center offers ski lessons.

Ski fanatics, can purchase 2001 Snow Fest tickets for Copper Mountain 1-3 March at ITR. In connection with Snow Fest the BOSS program is offering all Fort Carson single soldiers an all-day ski lift ticket at Copper Mountain March 3, a party that evening with food and goodies, an overnight stay in a condo, and a ski or snowboard rental for \$40. When purchasing your tickets at ITR, to take advantage of this special offer, remember to sign the BOSS roster. Transportation will be available through ITR for a fee. For more information on the 2001 Snow Fest and other BOSS activities call the BOSS office at 524-2677.

For information on other high adventure activities, contact the Outdoor Recreation Center at 526-2083.

Military

3rd ACR conducts war-fighting training

by Gary L. Qualls, Jr.
Public Affairs Office

Just four months after returning from a peace-keeping mission in Bosnia, 3rd Armored Cavalry Regiment soldiers are honing their war fighting skills in Rifles Rampage, a training exercise at Pinon Canyon Maneuver Site, which started earlier this month.

"We're just coming off a real world mission (Bosnia) and there may be times when we are called upon to engage in a war fighting mission," said 1st Lt. Mike Carroll, assistant operations officer, 3rd ACR. "While in Bosnia The regiment's soldiers helped show a stabilization force presence and engaged in many activities to improve the community.

Now the regiment finds itself in Pinon Canyon, preparing for the ultimate training experience — the National Training Center.

Late last fall the regiment began the transition to war fighting by conducting basic individual and platoon training on post.

At Pinon, the regiment will be doing maneuver exercises at the troop and squadron (company and battalion) levels. The regiment's exercise at Pinon will be no small training experience. Literally all

facets of the Battlefield Operating System will be employed, including:

- Combined Arms,
- Artillery Support,
- Air Support,
- Engineer Support,
- Air Defense; and
- The Logistical Support Element

During some of the battle operations, literally all of a squadron's inventory of 41 tanks and 41 Bradley Fighting Vehicles will be employed, Carroll said.

In addition, every effort will be made to make the training at Pinon as much like a wartime environment as possible, including factors such as living and sleeping conditions, operations tempo and stress.

One of the biggest challenges the regiment will face at Pinon is the fact that the unit is going into the exercise having recently experienced a large turnover in leadership and personnel, Carroll said.

Still, Carroll is confident about how the regiment will do there.

"Although many of our leaders are new to the regiment, they are very experienced in war fighting skills," he said, adding that the regiment's deliberate train up for the event should help as well.

Moreover, the experience of new personnel learn-

ing to work together at Pinon will serve the regiment well when it deploys to the NTC, Carroll said.

The regiment will experience an even larger scale exercise at the NTC. The unit will have all of the support elements and employ all of the vehicles and weaponry that it is using at Pinon, but it will train as an entire regiment, just as in war, Carroll said.

"They (the NTC) have an outstanding opposition force that knows the terrain well and are very well skilled," Carroll said. "This is really the ultimate test short of going to war. Their (the OPFOR) goal is to make it harder than war."

Carroll's sense of the regiment troopers' psyche about "the Super Bowl of training events" is not one of nervousness, but rather one of excitement "to get out and do the things a lot of us joined the Army to do."

As always, the goal is to be ready for "the real deal."

"The skills we're going to sharpen at Pinon and the NTC will help us win and keep soldiers alive so if we have to go to a real conflict we'll be ready," according to Carroll.

When it comes to soldiering, being ready is the name of the game.

Warrior gunner's course; being on the mark

by Capt. Chad Christman
1st Battalion 12th Infantry

The successful actions of mechanized infantry relies on the ability of leaders and soldiers to maximize the potential of both the infantry and Bradley Fighting Vehicle; to use terrain to good advantage; to operate their weapons with accuracy and deadly effect; to out-think, out-move, and out-fight the enemy.

The Bradley Fighting Vehicle has several weapons systems: 25-mm automatic gun, 7.62-mm coaxial machine gun, and the TOW missile launcher, 5.56-mm firing port weapons, and smoke

grenade launchers. Each weapon has a specific capability for various types of missions. A BFV Gunner must be a technical expert on each weapon system and its capabilities.

1st Battalion, 12th Infantry, is conducting a three-day course to ensure its M2A2ODS gunners are competent and confident in all Gunnery Skills prior to the M2A2ODS Fielding Gunnery. Thus, common gun and crew induced malfunctions will decrease while range time and qualification scores increase.

The course consists of three modules taught by the battalion's master gunners: Gun Theory,

Bradley Gunnery Skills Test and Unit Conduct of Fire Trainer. Each day, the company's gunners execute classroom and hands-on instruction.

According to Staff Sgt. Doug Lesh, Gunnery Course Instructor, "A course like this would have been beneficial to me as new gunner, while learning basic gunnery skills."

The gunner is a critical member of a BFV crew and the Warrior Task Force. The gunner's ability to effectively engage and destroy targets in gunnery is directly related to the ability to master the tasks taught at the gunner's course.

Post detail pays Veterans their last respects

2nd Lt. Megan Kannegieser
52nd Engineer Battalion

The peaceful sound of taps is all too familiar for soldiers of the 52nd Engineer Combat Battalion (Heavy) (Tri-component). Tasked with the post funeral detail the soldiers worked hard to practice and prepare for the detail. Headquarters and Support Company, Alpha Company and the 59th Quartermaster Company are each providing two teams that go almost daily to funerals to honor and pay final respects to veterans, retiree and active duty members.

The teams, consisting of an officer,

two noncommissioned officers and between five and seven enlisted soldiers are tasked to several types of funerals. Most commonly they are at Fort Logan National Cemetery, however the teams remain prepared to travel anywhere within Colorado. The funerals usually require the flag to be folded, taps played and presentation of the flag to the family. Oftentimes, the teams get to work with All Veteran Honor Guard Teams. These gentlemen tell great stories and show the younger soldiers what it is to be a true American dedicated to serving the United States.

The other type of ceremony is a nine-man full honors ceremony where the soldiers fold the flag, provide the proper gun salute, play taps and present the flag to the family. One such funeral was conducted by the detail from HSC for a WWII veteran who was a survivor of the first landing at Omaha Beach. The family of the WWII soldier was very grateful for the soldiers' participation in the ceremony. The soldiers felt lucky that they had the honor of thanking this veteran for the honorable service he provided. Another team from HSC conducted a nine-man ceremony on post at the Soldiers'

Memorial Chapel. Again, the family was very grateful that Fort Carson cared enough to send such a great team to honor their loved one.

The tasking may not seem like a great experience, but the soldiers find that the families and veterans appreciate their time and effort. Knowing that they are the last to say goodbye and honor these fallen soldiers drives the funeral detail teams to do their absolute best. Though almost half way through the tasking, every day brings a new memorable moment and a learning experience for the soldiers of 52nd Engineer Combat Battalion.

Greenback



Ketz

**by 1st Lt. Brian J. Ketz
4th Financial Battalion**

Soldiers can now access the pay system via the Internet.

The Defense Finance and Accounting Service's new service is called Employee/Member Self Service. This service allows Department of Defense customers to update certain pay information by using a Personal Computer.

Servicemembers can change their federal tax withholding status and exemptions, update their electronic funds transfer address for net pay (direct deposit), and their personal identification number. In the future, they will be able to obtain an electronic leave and earnings statement, start/stop/change discretionary allotments (active duty only), change correspondence address, and change state tax and bond information.

Additionally, DOD civilian employees, military retirees and annuitants can now change their own Federal tax withholding status and exemptions; start,

stop or change allotments (this feature is not a part of the annuitant payroll system); change their correspondence address; and update their financial institution electronic fund transfer information. Future phases of E/MSS will include other transactions, such as starting or stopping savings bonds and changing state taxes. PINs for DOD civilians, retirees, and annuitants were distributed separately by their respective paying agencies.

The Defense Joint Military Pay System customers will have E/MSS capabilities. Introduction letters with temporary PINs were distributed to Fort Carson soldiers with their Feb. 1 LES. A PIN was assigned to each soldier and will be used together with his or her Social Security Number to validate the member before accessing E/MSS. Personal identification numbers are contained in a Master PIN Data Base file. The first time soldiers access E/MSS, they will be asked to customize their PIN. The PIN will be validated each time the customer signs on. The PIN may be changed at any time at the desire and convenience of the soldier. It is important that soldiers customize their PIN as soon as possible since the temporary PIN is valid for only 120 days.

A myriad of security features are built into the design of E/MSS. E/MSS Internet transmissions require 128-bit encryption and uses secure socket

layer technology. Access to the system is controlled via the use of SSNs and PINs.

In addition to the PIN, customers will need access to a PC with one of the following industry-standard browsers: Netscape Navigator versions 4.01 or higher, Microsoft Internet Explorer version 4.0 or higher, or Netscape Communicator. Netscape Communicator 4.7 with 128-bit strong encryption is now available worldwide.

After accessing the system, menus will guide customers through desired transactions. After the customer has made changes, the system will ask the customer to confirm the action and then tell them when the change will be reflected on the pay record.

Using the E/MSS is a voluntary. Customers who prefer the existing system of making pay changes will still be able to visit their local accounting and finance office or customer service representative to submit hard-copy forms.

Further details are available at the DFAS home page at www.dfas.mil.

Editors note: Don't forget to visit the 4th Finance Battalion Web site at: www.carson.army.mil.

Watch Mountain Post Magazine for more from the Finance Battalion.

Active Army E/MSS Facts and Features

Cut along dotted line and save for future reference.

WHAT YOU CAN DO NOW: Starting immediately, you can:
Change Your Federal Tax Withholding Status and Exemptions
Update Your Electronic Funds Transfer Address for Net Pay

FUTURE ENHANCEMENTS INCLUDE:

Electronic Leave and Earnings Statement (LES)
Starting/Stopping/Changing Your Discretionary Allotments(Active Duty Only)
Changing Your Correspondence Address
Changing Your State Tax and Bond Information

ACCESSING E/MSS: When you first access E/MSS, you will be asked to enter your Social Security Number and your newly assigned temporary E/MSS PIN. You must then customize your PIN to a number of your choice. On-line help will also be provided to assist you.

HOW E/MSS WORKS: After you access E/MSS, menus will guide you through the transactions. E/MSS will display your current Defense Joint Military Pay System (DJMS) pay information associated with the changes you may make in E/MSS. E/MSS will edit the information and ask you to confirm your input. Finally, the system will tell you when your changes will be effective.

E/MSS HOURS OF AVAILABILITY: Except for short periods of system maintenance, E/MSS is available to you 7 days a week, 24 hours a day. E/MSS will display a message when the system is not available.

WHAT YOU NEED: In addition to your PIN, to use the web version of E/MSS, you need a Personal Computer (PC) with one of the following industry-standard browsers:

Netscape Navigator version 4.01 or higher
Microsoft Internet Explorer version 4.0 or higher
Netscape Communicator

If your PC does not have one of these browsers, the E/MSS IVRS phone capability is still an alternative to you.

SECURITY: E/MSS Internet transmissions are secured using 128-bit encryption and Secure Socket Layer (SSL) technology. Your browser must be equipped with 128-bit encryption capabilities in order to use E/MSS. Data encryption measures make E/MSS a secure means for you, to update your own pay-related information at your convenience.

QUESTIONS?: The E/MSS web-site has Frequently-Asked-Questions (FAQs) and answers. If you want to review information about E/MSS before you access the system, additional FAQs are posted on the DFAS informational web site at <http://www.dfas.mil>.

MILITARY PAY INFORMATION LINE NEWS: You will use a separate PIN for the newly enhanced toll-free Military Pay Information Line customer service IVR system. You should receive additional information on the Military Pay Information Line under separate cover.

E/MSS AND PIN ASSISTANCE: For assistance with using E/MSS and PIN assistance for both E/MSS and the Military Pay Information Line systems, call toll free 1-800-390-2348, commercial (216) 522-5122 or DSN 580-5122 from 7 a.m. to 7:30 p.m. EST.

Mountain Post

by Doug Rule
Public Affairs Office

Lights! Camera! Action!

Another broadcast of CNN Headline News? No, it's Fort Carson's own "Mountain Post Magazine," a video news program which is a cooperative effort of the Public Affairs Office and the Fort Carson Regional Training Center. The RTSC is responsible for Channel 10, and also houses the studio.

The news program was started in 1998 when Kim Hancock transferred from American Forces Network-Europe to take a position on the magazine. Specialist Randy Tisor also transferred from AFN-E to take the other staff position. The staff worked with RTSC's Richard Bridges, also an AFN-E alumnus. Since that time, Mountain Post Magazine has gone through several iterations and changed its set and style. But the mission has remained the same: Fort Carson soldiers, civilians and family members are of primary importance.

"The Mountain Post Magazine is a great way for people to find out what's happening at Fort Carson," said Maj. Shelly Stellwagen, 7th Infantry Division and Fort Carson Public Affairs Officer. "We're always looking for story ideas — whether it's a change in policy or a personality profile. If the story can be told on video and is of broad interest, give us advanced notice we'll do our best to cover it."

Each newscast has information of interest to

members of the Mountain Post team; interviews with military commanders and civilian directors, spotlights on soldiers and civilian employees and Fort Carson news. Channel 10 also broadcasts a community bulletin board, Army Newswatch, Navy and Marine Corps News and Air Force News.

Mountain Post Magazine staff includes 1st Lt. Nadia Calderolli, a communication major at the University of Tampa, and Bridges, who now is assigned to the PAO. The magazine is supported by the RTSC's Don Sullivan as well as University of Colorado at Colorado Springs student interns Jenna Foster and Laurie Cudnohufsky. The two interns get college credit for their work on the Mountain Post Magazine.

"It's a really good opportunity," said Foster. "They're giving us experience in everything — editing, shooting writing."

"We get to take our knowledge from class and put it to practical use," said Cudnohufsky.

The Mountain Post Magazine airs six times daily on Fort Carson cable channel 10 — 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight — and can also be seen off post on Adelphia cable channel 13 or WANT-TV 103 on Mondays at 2:15 p.m., Thursday at 4:15 p.m. and Saturdays at 10:15 a.m.

A project is currently underway to have Mountain Post Magazine available on the Internet at the Fort Carson Web site.

Laurie Cudnohufsky, Mountain Post Magazine intern, operates audio master controls.

FAR RIGHT: Richard Bridges, directs the Mountain Post Magazine taping from the master console

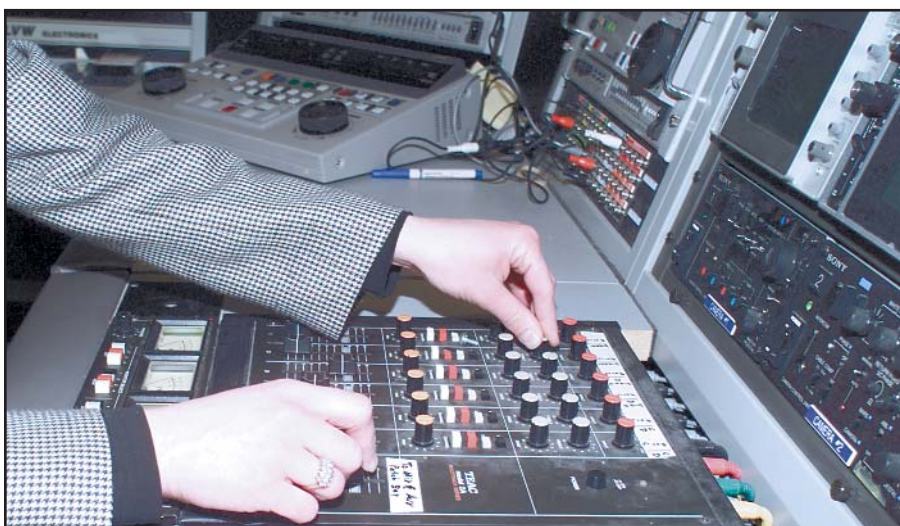
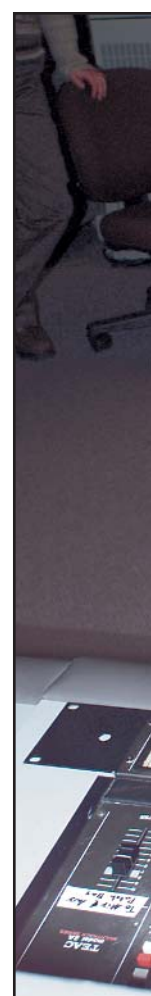


Photo by Richard Bridges



Photo by Richard Bridges



ABOVE: R
sets audio
taping.
LEFT: Lau
MPM inter

Show me the money

Sgt. 1st Class Sowell-Howard
Command Financial NCO
Support Squadron 3rd Armored Cavalry Regiment

If you have noticed, more and more of our soldiers not only have a home telephone but are also carrying cellular phones. While it is convenient for your family and friends to get in touch with you wherever you are, it also has the potential for being very costly. What we always recommend, as CFNs, is to do some comparison shopping.

Many cellular telephone companies offer monthly plans. These plans may look or sound good in the beginning. But a plan based on your usage and needs will determine which one is right for you. Some companies require you to be locked into a contract for a year. Sometimes this may be good, if it will bring down the monthly cost, or it can be bad, depending on your individual budget or situation. Many of these companies do not have coverage overseas, so you will be paying for a cellular phone plan that you can not use, if during that year, you get reassigned or deployed.

The terms of the company's contract agreement will determine whether or not you can get out of this contract. Whatever they promise, make sure you get it in writing. Most plans start with 200 minutes per month at a set rate and goes upward from there. You will need to know whether these minutes are during peak time or off-peak time. Peak time is usually between the hours of 8 a.m. and 8 p.m.; and off-peak is after 8 p.m. until 8 a.m. Check with a company representative for the actual peak and off-peak times. Some of the plans limit your calling during evenings and weekends, and some of them actually have a limited amount of calling anytime.

Whichever plan you choose, you should read the brochure from that particular cellular phone company to ensure that you understand all details. If you go over the amount of minutes allocated for the plan that you chose you will be charged a rate per minute, usually 35 cents or more. A five-minute conversation may cost you an additional \$1.75 on top of your regular rate, and it starts adding up from there.

Be very sure you understand that even if you make a call and no one answers or you get a busy signal, the time starts once the connection is made. You will be charged for each second of that call and it's rounded up to the next minute. If you made a call and you received a busy signal and you remained connected for only five seconds, you will be charged as if you talked for one minute.

When determining which plan is best for you, it may be more cost effective if you start out with a higher calling plan and adjust down. Rather than starting out low and paying the additional \$.35 for every minute used beyond the calling plan limit. You know your calling and talking habits better than anyone else; make sure you make a wise and informative decision.

As in all things, consult with your unit CFNCO to do a budget. This will be instrumental in determining whether you will be able to afford the calling plan you want.

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

43rd ASG Cheyenne Mountain Inn (building 1040)
3rd BCT Iron Bde. (building 2061)
3rd ACR Butts Army Airfield (building 9612)

Standard Facilities

3rd ACR Patton House (building 2161)
10th Special Forces Group (A) (building 7481)

Weekday Meal Hours

Tue, Wed and Fri	Thur
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 to 1 p.m.	noon to 1:30 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Week of Feb. 17 to Feb. 23

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- 10th SFG (A) meal hours are the same Tuesday through Friday.
- The CAV House Dining Facility will be closed for repairs until further notice.
- 43rd ASG Cheyenne Mtn. Inn will be closed Feb. 16 to 18.

Family members are cordially invited to dine at Fort Carson dining facilities.

Weekend and Feb. 19 Presidents Day Holiday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR Patton House (building 2161)
3rd BCT Iron Bde. (building 2061)

Saturday and Feb. 19 Presidents Day Holiday Meal Hours

Breakfast	8 to 10 a.m.
Lunch	11:30 a.m. to 1 p.m.
Dinner	4 to 6 p.m.

Sunday Brunch/Supper Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3:30 to 6 p.m.

IRON BRIGADE DINING FACILITY
FRIDAY NIGHT “ALL YOU CAN EAT” BUFFET FOR \$3.20



www.fcarson.com

Out & About

February 16th 2001

TURKEY CREEK RECREATION AREA

TCRA Ranch Information 719-526-3905
Penrose House Reservations & Information 719-524-0857
10 Miles South of Fort Carson's Main gate, off of Hwy 115

Monday & Tuesday Closed
Wednesday to Sunday 8:30 am to 4:30 pm
Saturday & Sunday 8:30 am to 10 am

SouthWestern Furniture Demo

Certified carpentry instruction will be provided in the design and construction of a SouthWestern designed coffee table. Come and join in the learning process and begin to create your own variety of furniture pieces.

Entry Fee: FREE
24 February 10am-12pm

Smith Woodcrafts,
Bldg 2426, 526-3487

Grant Library Storytime

Let's take a trip

Come join us this year for trips to many places.
It all happens at Grant Library on Wednesdays.
Enjoy stories, crafts and videos.

For preschoolers, ages 3-5,
from 10:30-11:00 am.
For details call 526-8140.



Call ITR for the
complete list of
Up Coming events
526-5366



Christopher's

Bingo & Entertainment Center

Karaoke at Decades
Thurs. & Fri. at 8pm,
Sun. at 5pm

Lunch Buffet

Great Food, Great
Price, Convenient
Location
11am - 1:30pm daily

Hey Teens!

Want to earn a little Cash?

Become a certified Babysitter through the Fort Carson MWR's
Youth Services! Next class will be held on 17 February,
at Bldg. 1526, from 8:30 am to 4 pm

Call 526-1100 or 526-2459

US Army's 17th Entertainment Division
Presents Dinner Theater's Revolution of

"Play Ball"

Kids \$9.95 Adults \$16.95

Saturday, 17 February 2001
Elkhorn Catering & Conference Center
Bldg. 7300 Woodfill Road
Dinner Buffet 6 pm - Show Time 7:30 pm
Ticket & Reservations
576-6646 or 526-4248

Aerobic Classes

Monday-
Saturday

Cycle Reebok

Monday-
Saturday

Bldg. 1843 Prussman 526-2708 Call for details

Forrest Physical Fitness Center

SnoFest!!!

Copper Mountain

March 2-4, 2001

Call ITR for reservations/information 526-5366

Community Center Craft Classes and More!

Beginning Mosaic & Framing \$15. This class is a four week plus course. Early sign up is recommended, classes fill fast with a 4 person limit. Feb. 1, 8, 15, 22 - Thurs 4:30
Max 1, 8, 15, 22 - Thurs 4:30
Sewing Machines available for self help use. \$1. per hour, 10 hours max. \$20. per week, check out use.
Paper, canvas, Archers & Pencils are all available. Rubber Stamping \$3.

Pre-registration is necessary for all classes.
Should any scheduled class go unfilled, it may be cancelled.
All classes are subject to change or cancellation.
For more detailed information please call 526-0908

Love is in the Air

Bridal Show & Wedding Faire

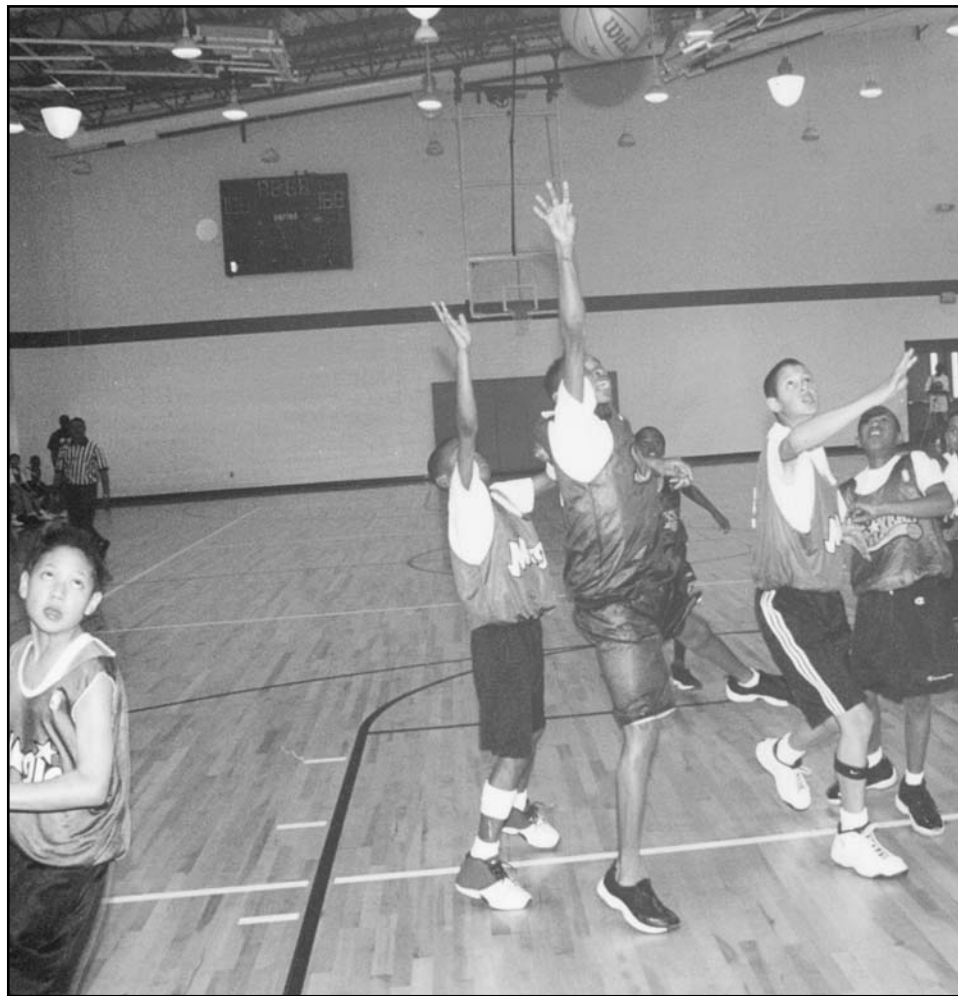
Sunday, 25, March 2001

12 until 4 pm

Elkhorn Catering & Conference Center
Bldg 7300 Woodfill
576-6646

Sports & Leisure

Youth Magic wins on buzzer beater



Photos by Walt Johnson

Members of the Magic and Sixers youth basketball team battle for a rebound during Saturday's action.

by Walt Johnson
Mountaineer staff

The Post Youth Center's Sixers and Magic teams came into the game Saturday as the last two undefeated teams in the league, boasting some of the best players and two outstanding coaches.

The game was billed as a classic showdown by youth center staff members and after 32 minutes of action the people at the youth center actually underrated the game.

In a game that was not decided until the last second, Andre Wells grabbed a rebound and put in a layup that gave the Magic a tough 15-13 victory.

The game was as action packed and intense as any youth level game could be with the players hustling for every loose ball as if their life depended on it and the coaches coaching like it was the NBA championship.

Sixers coach Tim Hutchins (see a related photo on page 23) seemed to have the upper hand on the game as his team had a 13-10 lead with just over three minutes left to play.

In youth league basketball a five point lead may as well be 10 points

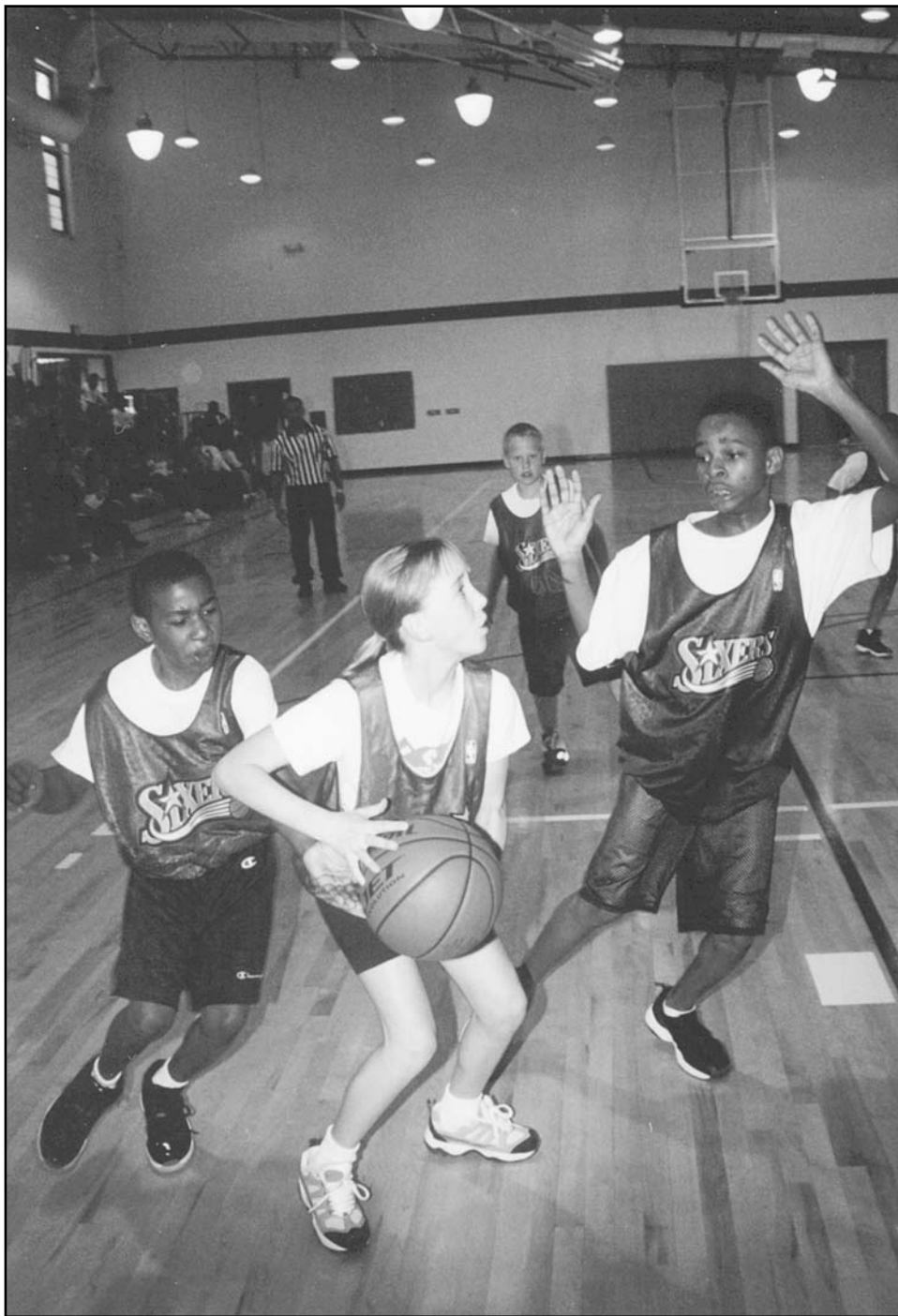
since scoring does come at a premium for the young hoopsters.

Magic coach Reggie White called a timeout to remind the team what it needed to do to win the game and then sent his team back out for the last three minutes of the game.

The Magic's Timothy Caldwell got his team back on track to win the game as he scored three points over the next two minutes to tie the game at 13 points apiece with a minute and a half remaining.

Both teams had opportunities over the next minute to win the game but the shot attempts came up short. The young hoopsters just kept scrambling on defense and it appeared the game was headed into overtime as the clock ran down to five seconds. The Magic took a shot that came off the rim and Wells found himself in the right place at the right time as the ball came down to him underneath the basket with two seconds left in the game.

Wells turned around and put in the layup with one second left in the game, giving the Magic a hard fought victory and giving the Sixers an improbable defeat when it seemed like they had the game at hand.



A player for the Magic looks to shoot the basketball while being guarded by two Sixers defenders.



Action like this was typical as Sixers and Magic players battled for a loose ball during Saturday's action.

Engineers win intramural tournament bracket

by Walt Johnson
Mountaineer staff

The 52nd Engineers rode the hot shooting of Derek Scott and a suffocating defense to the championship of the McKibben Physical Fitness Center half of the post intramural championship qualifying tournament 63-57 over Supply and Transportation Troop.

The post sports office decided to open up the tournament to all intramural teams before many of them leave for military commitments over the next three weeks.

The tournament was divided between McKibben and Garcia PFCs over the past week, featuring some of the best basketball seen here this year.

Both of the teams playing the championship game will join Headquarters, Headquarters Battery, 3rd Battalion, 29th Field Artillery; Headquarters, Headquarters Troop, 1st Squadron, 3rd Armored Cavalry Regiment; and Bravo Company, 64th Field Support Battalion and Services, 3rd Battalion, 29th Field Artillery in the post intramural championship tournament scheduled to be held in May.

The Engineers and S&T Troop knew they had a berth in the championship tournament decided before they took the court for the first of what turned out to be two bracket championship games. There was more at stake for the two teams than a place in the playoffs. Both teams looked at the game as a chance to prove they are

among the elite teams on post.

The Engineers game plan for the first game was to come out and establish themselves early. The team had been concerned about the slow starts it had in previous games and did not want to fall behind the talented S&T team.

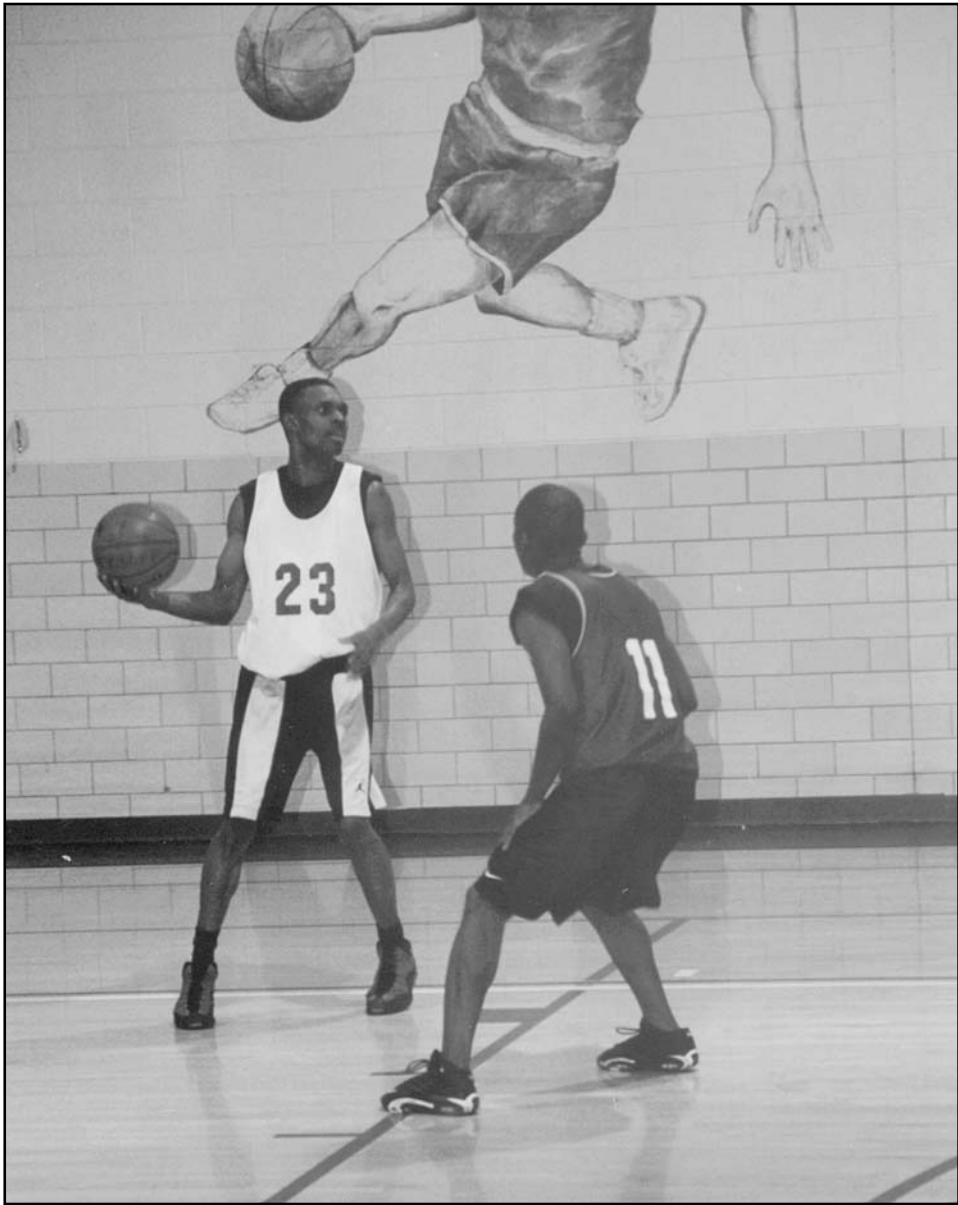
The S&T team had its own idea of what it wanted to do. The team wanted to get out to a quick start and take advantage of the momentum of defeating HHB 3rd Bn., 29th Field Artillery in the losers bracket championship game in the first game of the day.

The S&T team got off to the start it wanted, racing to a 6-0 lead over the slow starting Engineers. S&T pushed the lead to 22-9 before the Engineers finally got going in the first half, outscoring S&T 14-6, to trail 30-23 at halftime.

As the teams took the court for the second half, the Engineers rode the hot shooting of James Lee, who scored the half's first five points to pull the Engineers within three points at 30-27. S&T went on a run of its own at that point, stretching the lead to 38-31 and it looked like the team was about to blow the game wide open.

The Engineers' Sam Woodberry then heated up, scoring nine of his team's next 11 points to pull the Engineers within one point at 40-39. When the Engineers Meredith Morgan scored the next basket of the game the

See Champs, Page 21



Photos by Walt Johnson

Supply and Transportation Troop's Marcus Jones looks to pass while being guarded by the 52nd Engineers' Meredith Morgan.

Champs

From Page 20

Engineers had claimed its first lead of the day at 41-40.

That would turn out to be the only time the Engineers would lead the game as S&T scored 15 of the game's next 22 points to seal the victory and force the "if necessary" game.

The first game showed the Engineers team it was not going to be able to get away with starting slowly; and the Engineers came out in the second game determined to avoid a slow start.

The Engineers jumped out to an 8-3 lead to start the game and gave every indication it was not going to blow the opportunity to win the game by starting off slowly.

Just as the S&T team did in the prior game, the Engineers jumped out to a 10-point lead, 25-15, midway through the first half. Just like the Engineers in the first game, S&T showed its champion hearts by battling back and only trailing by seven points, 31-23, at halftime.

Unlike the first game when the Engineers gave some indications the team could possibly come back and win the game, the S&T team looked like it was running out of gas after previously playing two hard-fought games. The S&T team had an opportunity to pull even closer at halftime but the shots that were falling with ease in the first two games now seemed to be just a bit short or too long as players tried

to overcome fatigue. The start of the second half showed S&T needed to be concerned about losing its legs as the Engineers began the half with a 11-4 run that extended its lead to 15 points at 40-27.

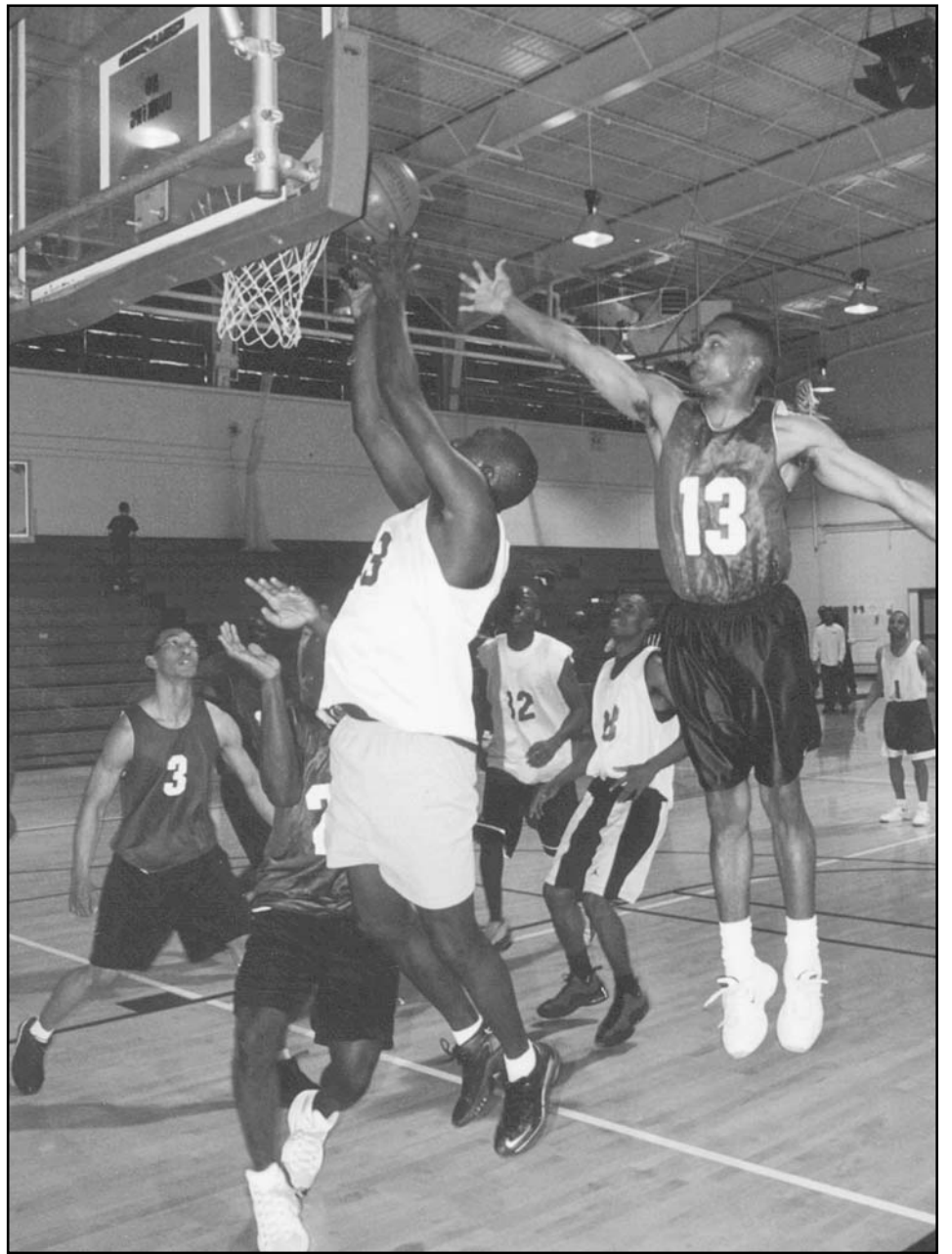
Just when you thought it was safe to bury the S&T team, it turned up the energy level one more time. Over the next 10 minutes S&T outscored the Engineers 15-9, to pull within seven points of the Engineers at 49-42.

The Engineers realized the S&T team was not going away at this point and realized they needed to turn up their game again. However, the spurt also gave the S&T team a second wind and the next eight minutes of the game found the teams battling with all they had — to keep the lead on the Engineers part and catching them on S&T's part.

With just over two minutes left in the game, the S&T team had battled through fatigue and the suffocating Engineers defense to pull within six points at 57-51 and it looked like a comeback was very possible.

The Engineers' Morgan would have nothing of the comeback attempt, scoring the next two baskets in the game to give the Engineers a 61-51 lead.

After S&T's Leonard Harris hit a three-point baskets to pull his team within seven points, at 61-54, Morgan scored two straight three-pointers to put the game and the championship in the Engineers corner.



Supply and Transportation Troop's Leonard Harris, front, rises up to make a layup during action Sunday at McKibben Physical Fitness Center.

On the Bench

Time to clean out the notebook on sports

by Walt Johnson
Mountaineer staff

Editor's note: In last week's issue I said the Kidpower/Teenpower classes would start in February. Actually the class will be held May 7 and again May 14.

I know you didn't ask, but it is my two cents (smile).



Johnson

Will someone with more intelligence than I can muster please explain to me why Kobe Bryant and Shaquille O'Neal "just can't get along."

I have heard a lot of people's opinions on this, some make sense and some don't. The one I take the most exception with is the one that says Bryant is the reason for all the friction.

The way I see it, neither player is great enough to win a championship without the other. Last year Bryant tailored his game to help the Lakers win the championship and help O'Neal win the NBA's Most Valuable Player award.

This summer he went out and worked on his game and returned a different player. Maybe the Lakers should understand that maybe now it is time to get O'Neal to tailor his game to help Bryant become a better player. If you expect a great talent like Bryant to remain static in his development, I think a mistake is being made. O'Neal and the Lakers should stop fighting Bryant's development and find a way to get O'Neal and Bryant working together again.

I got a chance to catch NBA commissioner



Photo by Walt Johnson

Members of the post community take advantage of the top class workout machines available at Forrest Fitness Center. Aerobic and weight training equipment are also available at McKibben, Garcia and Waller Physical Fitness Centers.

David Stern on ESPN's show "Outside the Lines" Sunday and I believe he made some great points about the state of the game of professional basketball.

Is the game as good as it has been? My answer would be no, but I think he makes a case that it is still being played by marvelous athletes with unique talents.

Maybe I'm showing my age but I just don't see the game being played with the fundamentals and

intelligence of days gone by. The talent level is better but that is not translating into a better product.

The lack of fundamentals has reached down to the intramural level here. I watched the game between the 52nd Engineers and Supply and Transportation Troop and watched both teams throw up three-point shots or try for the spectacular dunk when a short jump shot would have given them the chance to win the game.

Mountaineer Sports Spotlight

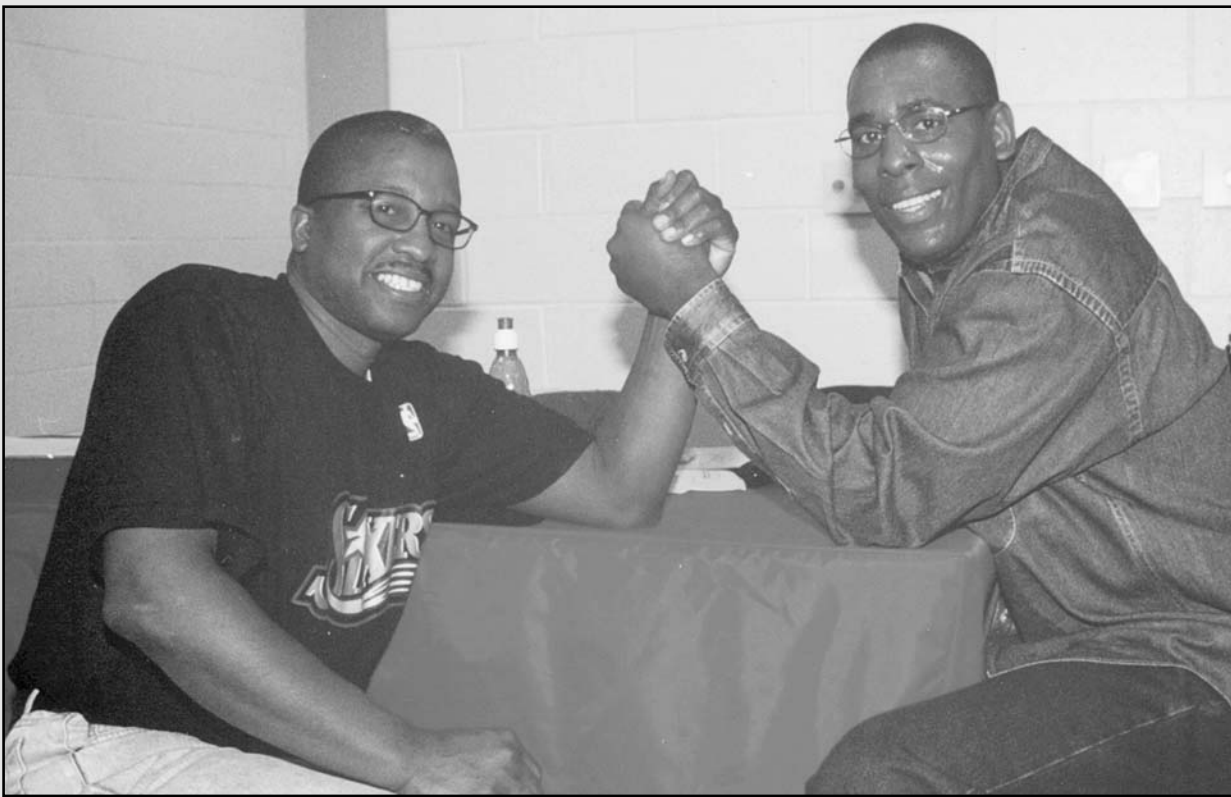


Photo by Walt Johnson

Coaches sometimes go to the extreme...

Youth center Sixers coach Tim Hutchins, left, and youth center Magic coach Reggie White turn to good-natured arm wrestling after the two friends' teams, which were the only two undefeated teams in the youth center 10-to-12 year old league, met Saturday. Both coaches agreed the game was one of the better youth games they have ever been involved in.

Manitou Springs

Vacation destination at the foot of Pikes Peak

by Nel Lampe

Mountaineer staff

People have been attracted to Manitou Springs for many years — perhaps even centuries. The Utes and Cheyenne Indians considered the site and its bubbling mineral waters a sacred place.

After the Louisiana Purchase, some explorers visited Colorado and wrote about the mineral waters. The large trees, gigantic red rocks, hilly landscape and the bubbling waters created a beautiful scene.

Daniel Boone's grandson, Col. A. G. Boone, arrived in 1833, seeking to improve his health in the mineral waters.

When gold was first discovered in Colorado in 1858, many suppliers and gold seekers camped at Manitou Springs, on their way to the gold mines, using the Indian trail called "Ute Pass," which is now Highway 24.

Following the Civil War, General William Palmer and Dr. William Bell arrived in the area while surveying for the Kansas and Pacific Railroad. They immediately recognized the area's possibilities as a resort, knowing the springs and surrounding scenery could draw visitors. Palmer bought a home site for himself just north of the Garden

of the Gods and Bell built his mansion, now the Briarhurst Restaurant, in Manitou Springs.

Although Palmer chose to build his town — Colorado Springs — a few miles east, he apparently borrowed the "springs" in Manitou to re-name the town, which had originally been called Fountain Colony.

And as predicted, Manitou Springs did become a health resort. Originally the town went by the name "La Font," and was later named Manitou Springs. "Manitou" means "spirit." Some people say there was an Indian Chief named Manitou; others say the name was inspired by a poem.

The Cheyenne and Arapahoe tribes left the area in 1868, followed by the Mountain Utes in 1879. In the meantime, more residents and visitors found Manitou Springs.

The first hotel opened in 1872, and the town was designed much like an European resort. But just a year later, financial setbacks were felt by Manitou Springs. Instead of large mansions, residents opted for small houses and cottages.

In time, the town did become a popular health resort, and by the 1890s the town had a large bath house, seven large hotels, a bottling company, a cog railway and was on two railroad lines. People came by train to Manitou Springs for the dry air as well as the

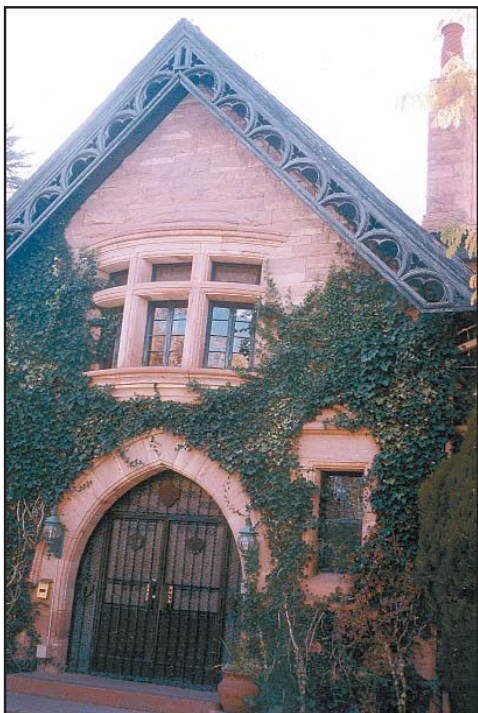


The Cliff House re-opened last year as a hotel, after a \$10 million renovation.

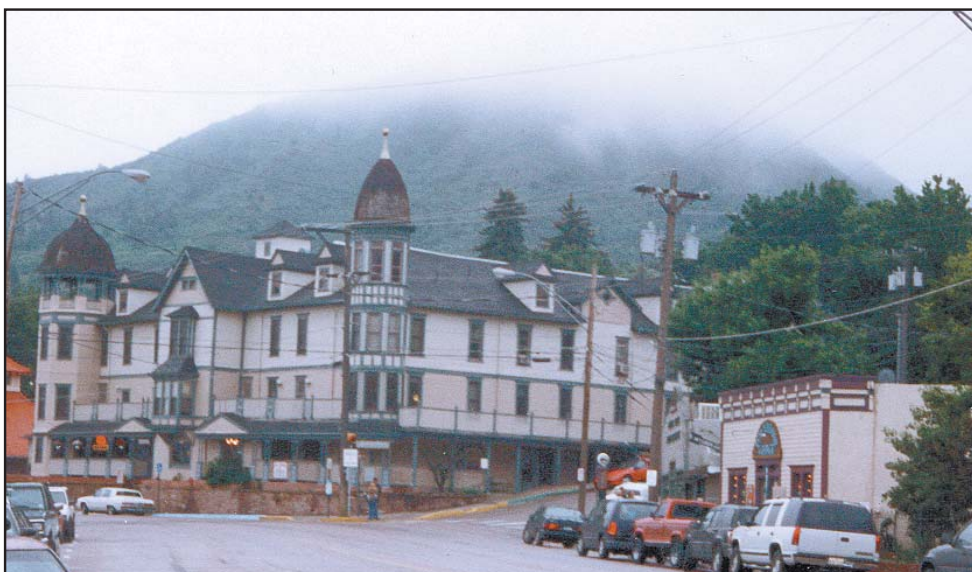


File photo by Nel Lampe

The Carnivale parade starts in Memorial Park and heads for Manitou Springs' main street in the 1998 parade.



Dr. William Bell's residence now serves as a gourmet restaurant.



A snow cloud hangs over the Baxter House, a hotel dating back to the 1890s.

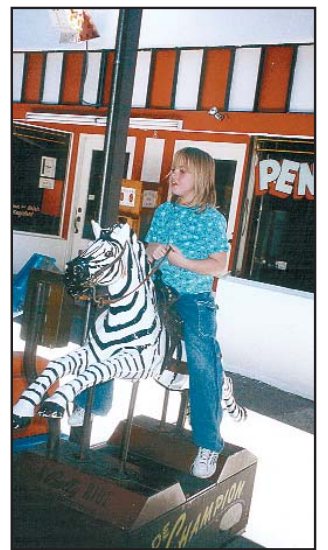
mineral waters, staying for weeks or months.

Visitors enjoyed the natural beauty as well as nearby attractions such as the Garden of the Gods, Cave of the Winds and Pikes Peak.

Famous people were among those who visited Manitou Springs, such as Presidents Theodore Roosevelt, Ulysses S. Grant and William McKinley.

Other famous visitors included P.T. Barnum of circus fame, inventor Thomas Edison, Zalmon Simmons of the mattress factory and Jerome Wheeler, president of New York's Macy's. Wheeler brought his wife for the cure, and stayed on. He donated the Manitou Springs landmark — the town clock.

After the turn of the century, tuberculosis became less of a health threat and health seekers' visits by train eventually dwindled. But tourists traveling by automobile discovered Manitou Springs. In an effort to adjust to the needs of the auto travelers, a new



A pull-out section for the Fort Carson community February 15, 2001

Manitou Springs

See Museum, Page B-2

Manitou Springs

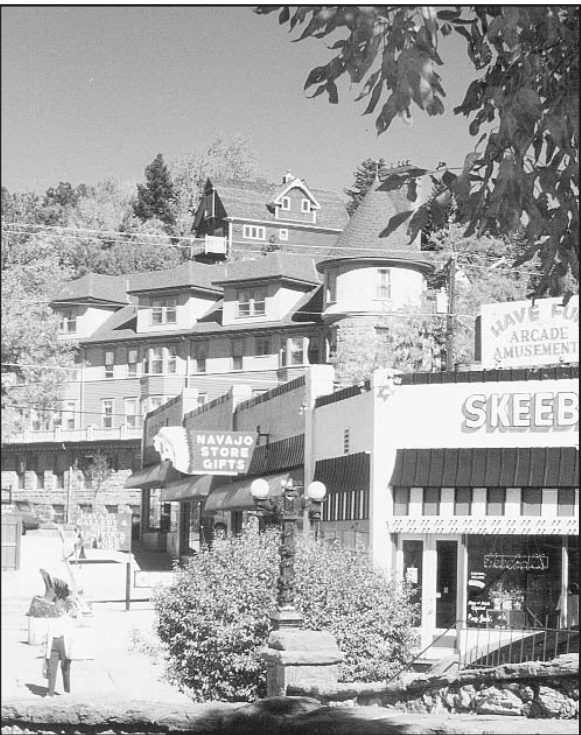
From Page B-1

motorists, tourist courts quickly sprang up, and were generally preferred by the motorists over hotels. Some of those vintage courts and motels are still operating in Manitou Springs.

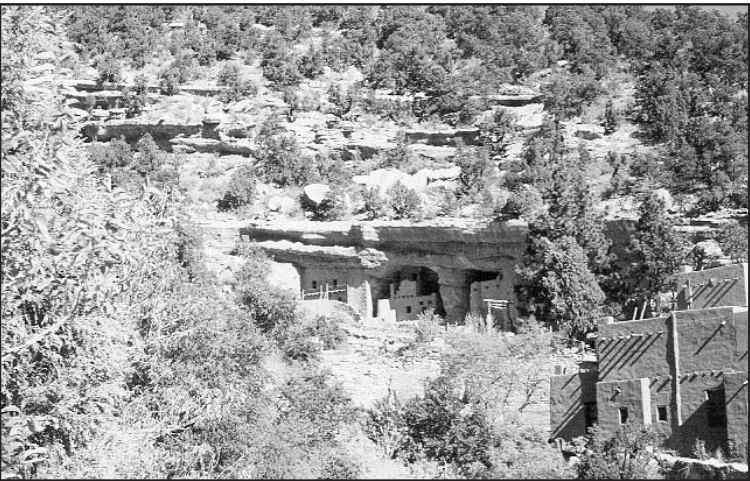
And these tourists in cars didn't come for the curative waters, but for the scenery; their stays lasted a few days, rather than weeks. Businesses changed, trying to meet the needs of short-term visitors by establishing shops, boarding houses



The antique games and the penny arcade are popular with tourists.



Manitou Springs is nestled in the hills at the foot of Pikes Peak.



The Cliff Dwelling and Museums of Manitou has been open since 1906 when the dwellings were transported, stone by stone, to the present site from the four corners area.

and tourist attractions.

And still the tourists come. The steep, narrow streets from Manitou Springs' earliest days remain. Small cottages, interspersed among Victorian-era houses with turrets and towers climb higher and higher on its hills.

A visit to Manitou Springs between Memorial Day and Labor Day reveals a wealth of cars with Texas or Kansas license plates and couples or families exploring shops, walking hilly streets and filling local cafes.

But in the off season, Manitou Springs streets are uncrowded and parking places easy to find.

Clever Manitou Springs residents have created unusual events to attract visitors to their town during the off season. The post-Christmas fruit-cake toss has gained far-flung publicity. February will be brightened by "Carnivale!"

Most Manitou businesses remain open year-around, although some tourist attractions may operate under modified schedules, such as the Miramont Castle. Some of the nine mineral water springs don't flow in winter and the Manitou Springs trollies operate only in summer.

Other nearby attractions, such as the Garden of the Gods and the Garden of the Gods Visitor Center are open year around.

The Iron Springs Chateau is open weekends all year. The Manitou Cliff Dwellings and Museums are closed only during inclement weather, as is the Cave of the Winds. The Pikes Peak Cog Railway opens again in April. The nearby toll road to Pikes Peak is partially accessible in winter.

Although it may be more fun to visit Manitou Springs in summer when it's buzzing with tourists and everything is open; there's something to be said for an off-season visit. Parking is easier, there are more seats available in cafes, and shops are less crowded. And the Manitou Springs ambience feels like a tourist spot. A day spent in Manitou Springs can feel like a mini-vacation, yet you're just minutes from home.

Or, attend one of the planned celebrations, such as the Carnivale, the Clayfest in June, summer Springabouts, the Pikes Peak Auto Hill Climb; the Pikes Peak Marathon; Mountain Music Festival; Commonwheel Artists Arts and Crafts Festival Labor Day weekend; the Emma Crawford Coffin Races; the Ghost Tours, and Victorian Christmas at Miramont Castle.

Along with some offbeat celebrations, Manitou Springs is always a great place for people watching any time of year.

The next special event in Manitou is Carnivale, which celebrates fun, art, music and good times, starts with a grande ball in Memorial Hall; 606 Manitou Ave. Feb. 23 from 6 p.m. to midnight. The ball has the music of Shakedown Street. Admission is \$7 at the door.

An all-day free party kicks off Feb. 24 in Soda Springs Park. There'll be music, food, arts and crafts and a Mumbo Jumbo Gumbo Cook Off. The Carnival Parade starts at 1 p.m., with human-powered floats and people in costumes limited only by their imagination.

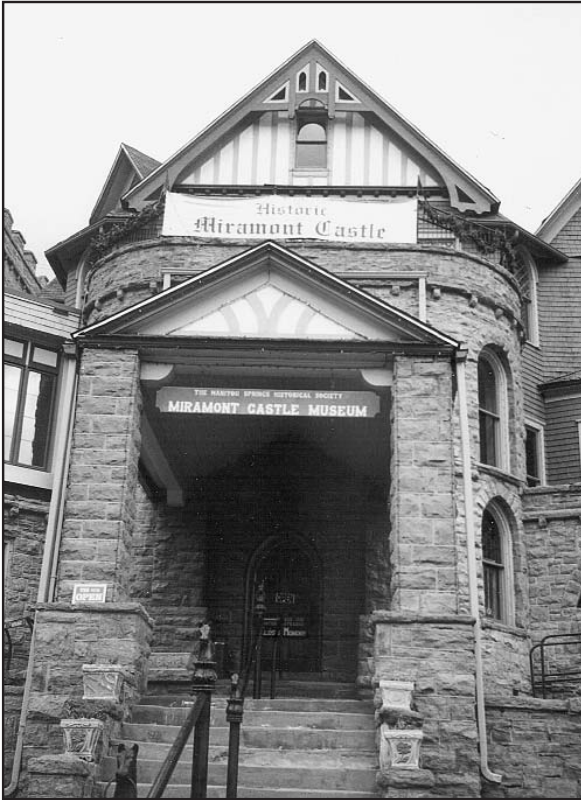
Manitou Springs can be reached by taking Interstate 25 north, then taking the Cimarron exit (Highway 24) west and later, the Manitou Springs business exit.

Stop at the Manitou Springs Chamber of Commerce at 354 Manitou Avenue for maps, and a map of all the mineral springs.



File photo by Nel Lampe

Visitors taste the water from one of nine mineral springs in Manitou Springs.



The restored Miramont Castle is one of Manitou Springs' attractions.

Mineral Water Lemonade

2 large cans frozen lemonade concentrate
3 quarts chilled mineral water
Mix together, adding more water if desired.

Bubbly water is best; most popular spring water is from the Twin or Ute Chief spring.
...Courtesy Manitou Springs Chamber of Commerce

Just the Facts

- Travel time 25 minutes
 - For ages all
 - Type Historic town
 - Fun factor ★★★★★ (Out of 5 stars)
 - Wallet damage free entry, entertainment and food extra.
- \$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$80
(Based on a family of four)

Community Events

Family Readiness Center

Army Community Service offers a monthly class on "Understanding the Immigration Process" every second Monday of the month from 11 a.m. to 12:30 p.m. Attendees will receive information on the entire realm of the immigration process and the effect permanent change of station orders have on the process; petitioning for immediate and preference relatives and assisting relatives and friends in applying for a temporary visitor visa into the United States. For more information, call Joe Camacho at 526-4590.

The Family Member Employment Assistance Program conducts workshops on many aspects of employment, such as resume writing and interview techniques. For registration and more information, call 526-0452.

The Financial Readiness Debt Management Program is available to help active duty, family members, retirees and Department of Defense civilians with debt problems. For registration and more information, call 526-0449.

The Fort Carson Equal Employment Opportunity office hosts **Consideration of Others Program "The Lighthouse of Visionary Leadership"** for civilian employees in February. Classes will be conducted from 8:30 to 11 a.m. in the Pine Room at the Family Readiness Center Wednesday and Feb. 21 and 28. To apply for a class and for more information, contact the EEO office at 526-4413.

Miscellaneous

Silver Key Book Fair, is March 7 to 9, 9 a.m. to 4 p.m., 2250 Bott Avenue (near 21st and Highway 24 West). Buy bargain books and benefit senior services.

College-bound high school students can take the ACT Assessment April 7, the next nationwide test date. The registration postmark deadline is March 2. Late registration postmark deadline is March 16 (an additional fee is required for late registration). For more information, including registration forms and test locations, contact your high school guidance counselor or register online on ACT's Web site at www.act.org. The Web site also has helpful information, sample tests and the opportunity to order test prep materials.

Care and Share Food Bank, located in Colorado Springs, needs volunteers to help in many capacities. Care and Share collects and distributes food to 300 member agencies, which give it to the hungry people of southern Colorado. Last year more than 4 million pounds of food were distributed by Care and Share. For more information call the Care and Share volunteer coordinator, Jordan Israel at 528-1247, Monday through Friday, 8:30 a.m. to 5 p.m.

Volunteers are needed in the local area to work part-time with international teens from around the world. Earn extra money while having fun. Pacific Intercultural Exchange is looking for an outgoing, friendly, responsible, caring individual who would enjoy working with teens as representatives. Learn firsthand about another culture and establish friendships that will last a lifetime. For more information about becoming an area representative or hosting an exchange student, please call Teresa Knapp toll-free at (800) 894-7633.

The Retired Officer's Association Base/Post Scholarship. The Retired Officer's Association will award 100 grants of \$1,000 each for the 2001-2002 school year. An applicant must be the dependent child of an active duty member or drilling Reserve/National Guard member, officer or enlisted, of the Army, Navy, Marine corps, Air Force, Coast Guard, United States Public Health Service or National Oceanic and Atmospheric Administration. An applicant must be a high school senior or college student working on his or her first undergraduate degree and under the age of 24. An applicant must be planning to attend an accredited college or university as a full-time student in the fall of 2001.

Applications will only be taken on-line (there are no paper applications). Go to the TROA Web site: [HTTP://WWW.TROA.ORG](http://WWW.TROA.ORG). The website opening page has the word "Scholarship" in the left margin. Click there to view all the information and instructions an applicant will need to proceed. Deadline for on line entry is March 1, midnight, with no exceptions.

A Mardi Gras dinner and dance sponsored by the Colorado Springs Council for Black Catholics at the Knights of Columbus Hall, 565 Marquette (in Security), Saturday, 6 p.m. to midnight. Cost is \$15 per person. For more information contact Onroe Tetterton at 596-7123 or Julia Hypolite at 574-8420.

The Enlisted Spouses Charitable organization meets every third Wednesday of the month at the Friendship House on post at 7 p.m. For more information, call Monica Hewitt at 382-1927.

The Fort Carson Waiting Families Program is here for spouses of soldiers on unaccompanied hardship tours and extended deployments. Call Barbara at 526-4590 for more information.

American Red Cross is accepting applications for the Volunteer Dental Assistant Program. Applications may be picked up Monday through Friday from 8 a.m. to 4 p.m. at the Red Cross Office, building 1526, room 272. Deadline for applications is Tuesday. For more information, call 526-2311.

The American Red Cross is seeking volunteers for public speaking opportunities within the Fort Carson communities. All training will be provided. For more information, call 526-2311.

The American Red Cross hosts health and safety classes which include Cardio-Pulmonary Resuscitation, First Aid and babysitting courses. For more information, call Bob Leavit at 524-1279.

The Selective Service System has added a change of address page to its Web site that allows young men to update their registration information online. Federal law requires that men ages 18 through 25 notify Selective Service within 10 days of an address change.

The Fort Carson Officers' Wives' Charitable Association function for February is the musical "Clue." It will be held at the Elkhorn Conference Center Tuesday at 6:30 p.m. Dinner and a cash bar will be available. The cost of the event is \$21.55 per person. For reservations call: last names starting with A to H — Beth Gomez, 527-4214, I to O — Corey Knowlton, 579-5414 and P to Z — Denise O'Donovan, 527-9654.

The Fort Carson Officers' Wives' Charitable Association is now accepting names for the 2001 - 2002 board positions. This is an opportunity to get involved in and improve the quality of life in the Fort Carson Community. For more information, call Pat Gauthier at 527-6297.

The Armed Services YMCA connects military personnel and their families to the community through YMCA programs. The YMCA of the Pikes Peak region provides reduced membership for military personnel grades E-5 and below as well as financial assistance for low income participants. The YMCA also maintains an Airport Information Center at the Colorado Springs Airport to help incoming personnel orient themselves to the community. For more information, call 393-9620, or click on the Web site www.ppyymca.org.

Volunteers, ages 16 and older, are needed for the Children's Literacy Center to provide one-on-one tutoring in reading to first, second and third graders. To volunteer, call 471-8672.

The Colorado Self-Help and Resource Exchange is a program designed to offset the cost of food in the Colorado Springs area. For every two hours of time volunteers give, they can purchase a food package for \$15, which is usually worth between \$25 and \$50. For more information, call 526-4590.

Construction at Gates 20, 4 and 1, to enhance security and force protection, is ongoing. Traffic at gates 20, 4 and 1 will be restricted and personnel are advised to use other gates to alleviate congestion. The construction is expected to take approximately six weeks to complete.

Post Shuttle Bus service hours have been reduced effective Jan. 1. Service from 5 p.m. to 8 p.m. is eliminated. Service from 9 a.m. to 5 p.m. Monday through Friday will continue.

Help for single parent families. Family Advocacy is now offering assistance and problem solving for single parents Tuesdays at 5:30 p.m. in building 1526. Group discussions are held to address divorce recovery, remarriage, money management, stress, massage therapy and more. Free child care and pizza are available. For more information, call 526-4590.

Child and Youth Services currently has openings for Family Child Care Providers. Providers are needed both on-and off-post. Free training; free child care during training classes; a free starter kit and free use of toys/equipment from the lending library will be provided. An orientation class is conducted the first Friday of each month at 1 p.m. at Child and Youth Services, building 5510, on Harr Avenue. If interested, call the Family Child Care offices at 526-3338.

Annual leave donors are needed for Dawn Marcella Ann Orr, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call 526-7246.

Annual leave donors are needed for Judith L. Dutt, an employee of the Fort Carson Public Affairs Office. The leave is needed to cover her absence due to the exhaustion of her available paid leave following surgery. For more information, call 526-8399.

Annual leave donors are needed for Linda S. Cellars, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call 526-7246.

Annual leave donors are needed for Stacey L. Pipken, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call 526-7246.

Annual leave donors are needed for George Bobo, an employee of Department of Environmental Compliance and Management. The leave is needed to cover his absence due to the exhaustion of his available paid leave. For more information, call 526-1684.

Food service positions at Cheyenne Mountain School District. Energetic workers are needed to fill cook and server positions in Dist. 12 school kitchens. Positions are part-time with weekends, holidays and summers off. Call 686-2036.

School District 11 Community Education is currently taking registrations for a number of courses at a variety of locations throughout the city. An exciting addition this year to the program is "Action Saturdays," a series of classes for people age 50 and older, held on Saturday mornings. Topics include ballroom dance, Spanish, computer instruction, rhythm dance, watercolor, photography and more. Call 520-2384 for information and details. You may also access the Web site at www.cssd11.k12.co.us.

Canon City Volksmarch (non-competitive walking): The Falcon Wanderers Volksmarch Club of Colorado Springs and the Canon City Area Metropolitan Recreation and Park District will be sponsoring a five-kilometer and a 10-kilometer volksmarch event Feb. 24, 9 a.m. to noon. The event is free and open to the public. The start/finish location is the Holy Cross Abbey, Alson Hall, 2951 E. Highway 50, Canon City. All walk participants under the age of 12 must be accompanied by an adult. Leashed pets only are allowed on this walk. Strollers and wheelchairs can complete the course with difficulty. For more information, call Jan Converse at 591-8193.

Youth

The American Intercultural Student Exchange program is looking for host families for high school foreign exchange students. The students live with families and attend local high schools during their five- or 10-month cultural exchange experiences. Host families provide these students with a place to sleep, meals and a loving family atmosphere. For more information, call (800) 742-5464, or visit the AISE Web site at www.aise.com.

Military Briefs

CG's Newcomers Briefing will be March 9 at the McMahon Theater. It is mandatory for all newly assigned officers and soldiers to attend. Family members are welcome. Free child care is available by calling 524-0151.

ACAP sponsors New Business Start-Up Workshop Wednesday, 8 a.m. to noon. This workshop is designed for entrepreneurs planning to start or operate their own business. It is open to all military personnel, their dependents, DOD civilians, or anyone with a valid DOD identification card. Workshop attendees will learn:

- The practical, common-sense steps to successful small business ownership.
- The basics of preparing a business plan.
- How to use the resource list provided. Many resources are at no cost.
- How to obtain free business counseling through SCORE, a volunteer group of local business men and women sponsored by the U.S. Small Business Administration.

The seminar will be held in building 1118, room 182, Ellis St. and Wetzel. To make reservations, call the ACAP Career Center at 526-1002 or 526-0640. The fee is \$15.

Transitioning from the Army? Get a meaningful career the next day. Earn while you learn; nationwide positions available. The National Apprenticeship Program, U.S. Department of Labor, is facilitated by State Director Lou Nagel. Informational workshop is March 15, 12:45 to 2 p.m. in building 1219, ACAP classroom. It is sponsored by Army Career and Alumni Program, 526-1002 or 626-0640. Sign up today at ACAP, building 1118, room 133, there is limited enrollment.

National Prayer Breakfast is Feb. 23 at 7 a.m. at the Post Physical Fitness Center. Guest speaker is Medal of Honor Recipient Peter C. Lemon. Music will be provided by James Divine and Harmony in Motion. Tickets are available through the Unit Chaplains' Offices.

Defense Reutilization and Marketing Office, building 318, will conduct a sealed bid zone sale Thursday. Bids will be opened at 7:30 a.m. Any bids submitted after this time will not be accepted. Inspection will be 7 a.m. to 4 p.m. today, Tuesday and Wednesday. Bids will be accepted during the inspection period. Items being offered include computer equipment, office supplies and equipment, hardware, furniture, restaurant equipment, vehicular components, photographic equipment and clothing. For further information contact the sales section at 526-9684.

Better Opportunities for Single Soldiers

BOSS meetings are on the second and fourth Thursday of each month from 1 to 3 p.m. at Christopher's. For more information on how you can become active in the BOSS program, participate in events or if you have ideas, concerns or questions, contact Spc. Amy Afford at 524-BOSS (2677).

Green to Gold Briefing. Army ROTC conducts a Green to Gold briefing every Tuesday from 11:30 a.m. to 12:30 p.m. in room 124 of the Education Center. If eligible, you may get a bachelor degree and become a second lieutenant. If you have any questions contact Capt. Cindi Basenspiler at 262-3236. No appointment is necessary to attend these briefings.

Special Forces briefings are held Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at Grant Library. You can apply for SF training as a private 1st class, but cannot begin training until you are an E-4. For more information, call 524-1461 or 524-1462.

The Army and Air Force Exchange Service, in conjunction with the Navy Exchange System, has announced that the DPP card has been replaced by the Military Star Card. More information is available at the Web site www.aafes.com.

Due to mandatory budget cuts, the DPW is reducing custodial service to buildings it is responsible for. Services provided will include restrooms and common areas (i.e., hallways, stairwells, break areas, waiting rooms, and entranceways) only, which will be cleaned once a week. Service to reimbursable clients will not be affected. For more information call Fred Buckner, chief, CQA Branch, at 526-9241.

Directorate of Public Works announces the following road closings due to pavement projects. Son Tay Road will be closed through March 30. Nelson, from Magrath to building 8142 will be closed until March 30. Minnic will be closed until March 30 due to construction at Nelson.

The following roads will be affected by construction but not closed: Specker (Polio to Titus) until Feb. 15; Ellis (Ware to Harr) until Feb. 28, Ware (McCullough to Ellis) until Feb. 28 and Fort (Harr to Mountainside School) until April 13. For more information call Danny Moyer at 526-5115 or 526-9222.

Attention Korean War Veterans. If you would like to receive the Korean War Service Medal, and you served in the military between June 25, 1950, and July 27, 1953, you may receive this medal at a formal ceremony sponsored by the Dutch Nelson Chapter of the Korean War Veterans Association, and the Korean/American Society of Colorado Springs. For more information, call the Dutch Nelson Chapter's point of contact, Scott L. Defaugh at 444-0399.

Retiring but still want to serve? Junior ROTC employs approximately 3,200 retired officers and noncommissioned officers for its 1,400 programs. Applications are accepted from all officers and noncommissioned officers honorably discharged from active military service for five or fewer years, or are within one year of retirement. Applicants must have a strong desire to teach and develop young people, represent the U.S. Army in the classroom and community, be physically and mentally fit and have been approved as an instructor. For more information call Capt. Kristin Bowen at 524-2694 or Sgt. 1st Class Marcus Pitchford at 526-8626.

Here's a chance for career civilians to become more valuable to your organization and the Army. Join the team of future leaders who are graduates of the Army Management Staff College. Eligible are: centrally funded DA civilians, GS-12 to 14s, with high potential and desire to make a difference (GS-11s may apply by exception).

The next class is in May — slots go fast. Take a

few minutes to apply now on-line for the Sustaining Base Leadership and Management Program. Application information is provided on the AMSC homepage: <http://www.amsc.belvoir.army.mil>.

The Used Car Sales Lot is in the Mini Mall parking lot. Parking is restricted to motorcycles, cars and pick-up trucks with approved Fort Carson permits. Permits are issued at a cost of \$10 for a 30-day period. For more information call 524-1146.

The Army Career and Alumni Program Center now has set times for clearing. Monday through Wednesday, 7:30 to 9 a.m. and 3:30 to 4:30 p.m., Thursday 9 to 10 a.m. and 3:30 to 4:30 p.m., Friday 7:30 to 9 a.m. and 1 to 2:30 p.m. If you have questions, call 526-1002 or 526-0640, or visit the Web site www.carson.army.mil/ACAP/acap.html.

Service Corps of Retired Executives seminar: Starting and Building Your Own Business, is Wednesday, 8 a.m. to noon, building 1118, room 182. Registration at the ACAP Career Center is required by close of business Tuesday. There is a \$15 fee for SCORE packet.

The Sergeant Audie Murphy Club event calendar is as follows:

All meetings are held monthly on the third Wednesday of the month at 11:30 a.m. at the Mountain Post Wellness Center on the second floor conference room in the Family Readiness Center.

Induction ceremonies and rehearsals are held at McMahon Theater. All other events are conducted in the main conference room of building 1430. For more information, call 526-2409 or 526-3887.

Reminder to all outprocessing soldiers: All personnel are required to begin outprocessing the installation 30 days prior to the date on the orders, regardless of marital status or unit obligations. The Fort Carson Outprocessing Center is located on the second floor of the Welcome Center, building 1218. For more information, call 526-4462.

Outpatient pharmacy at U.S. Army Medical Department Activity, Fort Carson: New procedures are now in effect.

10th Special Forces Group will be conducting a demolition range from 7 a.m. to 11 p.m., Tuesday to Thursday at range 121A, grid coordinate EN230655. For more information call Sgt. 1st Class Kyle at 524-1550.

Abandoned vehicle auction: The next sealed bid auction will be held Wednesday and Thursday, 10 a.m. to 4:30 p.m. at the Abandoned Vehicle Lot, building 3660, Magrath Avenue. Opening of the bids will take place Feb. 23. For more information contact Travis Horn at 524-1146.

ETS/Transition — Soldiers transitioning should keep in mind that ETS/Transition brief is mandatory for personnel transitioning. For a May date for ETS brief is Tuesday, sign in starts at 7 a.m. and brief starts at 7:30 a.m. Soldiers will pick up their orders and make their finance pre-separation appointment at the meeting. Soldiers will not receive ETS orders unless they attend the briefing. For more information call Staff Sgt. Gonda at 526-0475 or 526-8473 or Sgt. 1st Class Frank Heath, NCOIC, Transitions at 526-4298.

Editor's note: The deadline for submitting "Briefs" to the Mountaineer is 5 p.m. Friday before publication date.

Sports & Leisure

The Armed Services YMCA offers step aerobics classes Tuesdays and Thursdays at the Meadows Park Center from 9:30 to 10:30 a.m. The cost is \$6 for a two-month session. The Deerfield Center offers low impact aerobics Monday, Wednesday and Friday from 9:15 to 10:15 a.m. The cost is \$10 for a two-month session.

Fort Carson Youth Sports needs volunteer coaches for several upcoming sports seasons. No experience is necessary, as all leagues are developmental. For more information, or to volunteer, call 526-1233.

Forrest Fitness Center is now offering "Cycle Reebok" to all ID card holders. Classes are held six days a week, Mondays at 5 p.m., Tuesdays at 3:30 p.m., Wednesdays at 5:40 a.m. and 5 p.m., Thursdays at 3:30 p.m., Fridays at 4 p.m. and Saturdays at 9:30 a.m. Classes are 50 minutes long, and first-timers should arrive 15 minutes early. For more information, call 526-9120.

Baseball registration date is set: Fountain Valley Baseball Association, located in Metcalfe Park in Fountain, has set registration dates and times for its summer softball and baseball programs. Registration will be held Saturday from 9 a.m. to 3 p.m. at 212 N. Santa Fe Ave. in Fountain at the main fire station. Proof of age must accompany the registration fees which this year will automatically include an additional \$20 per player for fundraising support: \$40 for 5- and 6-year-olds, \$50 for 7- and 8-year-olds, \$80 for 9- to 12-year-olds and \$100 for 13- to 15-year-olds. (Age is calculated as of Aug. 1,

2001.) The league will provide the uniform jerseys, caps and equipment for all teams; parents will provide pants and gloves.

FVBA will also support Babe Ruth softball for girls beginning this season. Registration for girls ages 10 to 18 will be \$100 per player.

Volunteers and umpires are needed. Contact Dale Terrell at the park, 382-7227 or at home, 382-7649.

SnoFest 11th Annual Military Snow Sports Extravaganza, is at Copper Mountain, March 2 to 4. Cardboard derby and fun races, after-ski parties, food, prizes, entertainment and lodging specials. The event is for active duty military, reservists, NAF and DOD civilians, retirees and family members. Reduced price lift tickets, lessons, ski and board rentals, NASTAR racing, unit and installation competitions, non-skier tours, activities and shopping, youth and family activities are available. Call Information, Ticket and Registration for reservations and information at 526-5366.

Get Out!

Fine Arts Center theater

"Pippin" runs through Feb. 25 at the Fine Arts Center theater, 30 W. Dale St. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$25; call the box office at 634-5583.

Pavarotti in concert

One night only, Pavarotti is in concert in the Pepsi Center March 22, at 8 p.m. Tickets are on sale through TicketMaster, 520-9090.

Family day

The Fine Arts Center, 30 W. Dale St., hosts **Family Day** Saturday from 10 a.m. to 2 p.m. Several participation projects will be available for visitors, including painting, printmaking and theater events. No reservations are necessary; family days are free.

Dinner theater

"Play Ball!" is Saturday at the Elkhorn Conference Center, with an all-soldier cast. Dinner buffet begins at 6 p.m., with the show following. Tickets are \$16.95, including dinner and show, for adults; \$9.95 for children ages 3 to 9. Call 576-6646 for tickets or information.

Children's workshops

The Children's Museum in the Citadel upper level hosts a workshop Friday from 10 a.m. until 3 p.m., called "**Fabulous Chemistry Workshop**," which is for 7-to 12-year-olds. Museum admission is \$3 per child older than 1, and \$1 for adults. The museum is open Monday through Saturday from 10 a.m. to 5 p.m. Sundays it is open from noon to 5 p.m.

Theater

"Spirit of the Dance" is at the Pikes Peak Center, 190 S. Cascade at 3 and 7:30 p.m. Feb. 25. Call 520-SHOW for tickets.

"Footloose" is March 30 and 31, in the Pikes Peak Center, 190 S. Cascade, is Call 520-SHOW for ticket information.

"Porgy and Bess" is Feb. 25 at 2 p.m. in Arnold Hall Theater at the Air Force Academy. Tickets start at \$15; call 333-4497 for tickets.

"Cirque NuAge" is set for March 10, also at Arnold Hall Theater. Call 333-4497 for information.

"The Nest" is at the Smokebrush Center. Two Los Angeles actors are playing the leads for the production. Performances are Wednesdays and Thursdays at 7 p.m., 8 p.m. Fridays and Saturdays and Sundays at 2 p.m. Tickets start at \$15, at the box office, 444-0884. The theater is at 235 S. Nevada Ave. "The Nest" runs through Feb. 25.

"Kodo" is in the Pikes Peak Center, 190 S. Cascade Ave. Wednesday at 8 p.m.. It's a choreographed show of man and drum. Call 520-9090 for tickets.

Classic movies

The classic film series at the Fine Arts Center features "**Lawrence of Arabia**" Feb. 29. Tickets are \$3 at the door, and the movies start at 7:30 p.m. at the Theater in the Fine Arts Center, 30 W. Dale St.

Museum exhibit

"No Two Alike: African-American Improvisational Patchwork," is an art exhibit now at the Colorado Springs Pioneer Museum, 215 S. Tejon. The exhibit features more than 20 quilts in traditional style. The exhibit is free as is the museum, which is open Tuesday through Saturday, from 10 a.m. until 5 p.m.

Everest speaker

Mountaineer Gary Scott presents a **slide show** of his climbing adventures in Nepal's Himalayas at All Souls Unitarian Church, 730 N. Tejon St. The free program is Tuesday at 7:30 p.m. For information, call 635-5330.

Carnivale parade

Entries are sought for the "**Carnivale**" parade, Feb. 24, in Manitou Springs. There's also a party in the park, with food, music and entertainment and a gumbo cook off. To enter or for more information call the chamber at 685-5089.

Denver concerts

"David Clayton-Thomas' with "**Blood, Sweat & Tears**" are on stage May 12, at 7:30 p.m. also at Magness. Tickets are available for the Magness Showcase Theatre at the University of Denver at TicketMaster, 520-9090.

Billy Joel and Elton John are in the Pepsi Center April 9, at 7:30 p.m. Call TicketMaster at 540-9090.

Dinosaur Depot

All Saturdays in February are **free admission** at the Dinosaur Depot in Canon City., and there's a 10

percent discount in the gift shop. The Dinosaur Depot, at 330 Royal Gorge Blvd., is open Tuesday through Saturday from 10 a.m. to 4 p.m.

Open cockpit

The Pueblo Weisbrod Aircraft Museum holds an "**open cockpit**" day Feb. 24, from 10 a.m. to 2 p.m. The featured aircraft is the C-47 Skytrain, affectionately know as the "Gooney Bird." The museum is at the Pueblo Memorial Airport on Highway 50 East off Interstate 25 south.

Tuskegee exhibit

Black Americans who trained at the Tuskegee Institute during World War II, are featured in a free exhibit, "**The Tuskegee Airmen**" in the Aurora History Museum at 15001 E. Alameda Drive in Aurora, on Denver's east side. Replicas of planes, barracks and the unit's history are among the exhibits. The museum is open from 11 a.m. to 4 p.m., Tuesday through Sunday.

Band concert

The Air Force Band of the Rockies presents a **free concert** March 4 at Arnold Hall at the Air Force Academy. The concert features "Wild Blue Country" and is free. Tickets are available through TicketMaster, 520-9090.

Garden lectures

The Garden of the Gods features **free lectures each Sunday**. "Brave Hearts Ute Life and Legends," is presented by historian/author Celinda Kaelin, Sunday. The Feb. 25 presentation is "Native American Flute Meets Classical." Lectures are from 2 to 3 p.m. each Sunday. For more information call 634-6666.

Gravity race

Cripple Creek has a **Downhill Gravity Race** Saturday. Contestants build their own racer, with healthy monetary prizes for winners. Call (877) 858-3315 or check the Web site at www.cripple-creek.co.us.

Pueblo Symphony

The Pueblo Symphony celebrates the **Chinese New Year** Saturday with guest violinist Siqing Lu at 7:30 p.m. in Hoag Recital Hall on the University of Southern Colorado campus in the northern part of Pueblo, just off Interstate 25. Tickets start at \$15, call (719) 549-2404.

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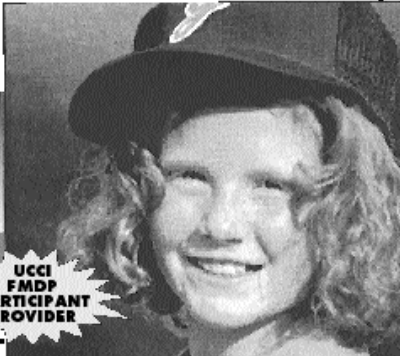
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Pvt. Murphy

by Mark Baker



Program Schedule for Fort Carson cable Channel 10, today to Feb. 23.

Mountain Post Magazine: Stories on and about Fort Carson soldiers, civilians and family members. Airt at 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight.

Army Newswatch: includes stories on the Army role in the presidential inauguration: followed by a special edition of Army Healthwatch. Airt at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Air Force News: includes stories on the F-22, blood donor restrictions and an Air Expeditionary Force retrospective. Airt at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Navy/Marine Corps News: includes stories on Information Technology Sailors, Military Athletes of the Year and the Marine Corps and gourmet cookies. Airt at 9 a.m., 2 p.m., 9 p.m. and 2 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Douglas Rule at 526-1241 or via e-mail at: Douglas.Rule@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you have story ideas for Mountain Post Magazine, contact Richard Bridges or 1st Lt. Nadia Calderolli at 526-1265, 1253 or 2941, or e-mail Richard.Bridges@carson.army.mil or Nadia.Calderolli@carson.army.mil.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit a clean, typewritten copy of the information to the Public Affairs Office, room 2180, building 1550, Fort Carson, CO 80913 or fax it to 526-1021 no later than the Friday before airing time.

Mountain Post Magazine is shown on Adelphia cable channel 13 or WANT-TV 103 on Monday at 2:15 p.m. Thursday at 4:15 p.m. and Saturday at 10:15 a.m.

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